

COTTAGE COMFORTS,

WITH

HINTS FOR PROMOTING THEM,

GLEANED FROM EXPERIENCE :

ENLIVENED WITH ANECDOTES.

BY ESTHER COPLEY.

SEVENTEENTH EDITION,

REVISED AND ENLARGED.

LONDON :

PUBLISHED BY SIMPKIN AND MARSHALL,
STATIONERS' HALL COURT.

MCCCXLI.

ENTERED AT STATIONERS' HALL.

ADVERTISEMENT.

The writer of this little volume has long been accustomed to observe the habits, resources, and privations of the labouring classes of society, and to cherish a lively interest in their welfare and happiness. Under a conviction that the outward condition of these classes might be materially ameliorated by an improvement in their moral and prudential habits, she has often indulged the wish that some enlightened and benevolent friend to their true interests would furnish them with a familiar compendium, calculated to meet their daily round of wants, feelings, circumstances, and duties and to suggest friendly and profitable hints relative to each.

Several performances of the kind have appeared, some, probably, with which the present writer is unacquainted. Those that have fallen in her way she has found either deficient on account of the scanty circle of topics embraced, or unsuitable from the mixture of irrelevant and objectionable sentiments. The need appeared still to exist, and from circumstances which it is unnecessary here to detail, the task which she would fain have assigned to an abler hand has fallen to her own. It has been pursued with diffidence under a deep conviction of her own inability, yet not without deriving considerable pleasure from the subjects that have passed under her notice; and should her little work prove subservient to the well-being of those classes for whose use it is designed, and auxiliary to the instructions and endeavours of their benefactors, she will feel satisfied that she has not wholly failed in attaining the desired object.

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Such were the sentiments expressed on first sending forth this little volume. The degree of public estimation in which it is held may be inferred from the fact that about 26,000 copies have been sold in little more than fifteen years. While by no means different to this circumstance, the author is still more gratified by receiving frequent testimonies to its practical usefulness.

Although from time to time expense has not been spared in repairing the stereo-plates, the late editions, it must be confessed, have presented an appearance by no means satisfactory either to the author or the purchaser. The present edition therefore has been entirely new set. This has afforded an opportunity of introducing many important additions. The work, in its new and improved form, is again committed to public acceptance; and devoted to the domestic interests of the working classes.

June 1841.

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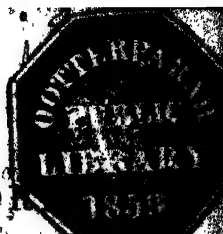
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COTTAGE COMFORT

INTRODUCTION.

1. It is my intention, like some other writers of the present day, to number my paragraphs, that they may be the more easily referred to, as occasion requires.

2. It is very desirable that the labouring classes of society should be respectable and comfortable in their circumstances; that they should be able to provide themselves with decent habitation, wholesome food, and suitable raiment. The happiness of every benevolent person is advanced by observing and by promoting the happiness of those around him; and in proportion as its population is thriving and contented, in that proportion is a nation secured, both against invading foes and internal discord.

3. The well-being of all persons, and especially of the labouring classes, greatly depends upon themselves; upon their own exertions; their own management; and their own dispositions. If any plain, reasonable hints can be suggested which may assist them in the better regulation of these, such hints deserve to be kindly received, attentively considered, and cheerfully acted upon.

4. Many books have been written on such subjects. Some of them have been too expensive or too learned for general use; and seem rather calculated to point out to gentlemen and farmers how they may benefit their tenants and labourers. These are exceedingly good in their place, but they do not discourage a cheap and familiar work, like the present, which aims to set those people on contriving how they may benefit themselves. There are other works, addressed to the labouring classes themselves, written in a style sufficiently familiar, furnished at a moderate expense, and which contain much sound and judicious information and reflection; but in which are artfully mixed up many things of a very objectionable nature and tendency. Some things are put together which have no real, natural, or necessary connection with each other; and some are set in opposition, as if they could not exist together, which in reality are in perfect harmony.

COTTAGE COMFORTS.

and agreement. Such writers perfectly well know this, to be the case, and must be fully conscious of misrepresenting things on purpose to mislead their readers, and to serve a party.

5. From both these classes of writers, whatever may be met with suitable to the design of the present work, will be freely borrowed and brought into it. Those who mean well, will be glad that any of their remarks should be brought more within the reach of those persons for whose use they were designed; and the displeasure of that class is not regarded, who, while they pretend to build the poor man a comfortable cottage, would secretly undermine the very foundation upon which it stands. The present writer has no motives to conceal, no party to serve. The only design in this little work, is to bring forward a few observations, suggested by common sense, and appealing to the common sense of the reader. Common sense is a most valuable quality, and happily it is one in which the labouring classes are not deficient. If what is here set down, or any part of it, is not agreeable to common sense, let it be rejected. If that is the worst that comes of a book, no great harm is done. If it should in any shape or degree promote the Cottager's comfort and respectability, its end will be answered, and the author's labour well repaid.

CHAPTER I.

OF MORAL CHARACTER.

6. My design is, to treat of Cottage comforts, and the means of promoting them. Let us, then, begin at the beginning, and see that we lay a good foundation. This foundation can be no other than a good moral character; for it is in vain to talk of comfort, where there is a lazy, drunken, tyrannical husband; or an idle, slatternly, artful, quarrelsome wife; or where their character for dishonesty, or other vice, is such as shuts them out from the employment and respect of their more opulent neighbours.

7. A good character arises from the cultivation of good moral habits. A man is honest, just, and upright in all his dealings, he establishes a character for honesty; he is accounted a person to be trusted. He always speaks the truth;—his word is taken, nobody thinks of doubting it, He does

every one a kindness, as opportunity offers; he stirs up no strife; bears no ill-will;—he gets the character of a quiet, peaceable, and good neighbour.

8. When we speak of such and such virtues as suited to the labouring classes, we do not intend any thing disparaging or degrading, as though we were recommending a meaner class of virtues—no such thing—the same virtues are suitable to all; without them, a lord cannot be either respectable or happy, but he may *exist*. A labourer, on the other hand, knows that his character is his bread; and perhaps it is well for him that he has this motive, as well as others, to influence him in the pursuit of what is right.

9. Such a character as is essential to the comfort and respectability of a cottager and his wife should be formed in early life; for if once they are married, and vice and misery have taken possession of their dwelling, it will be a very hard matter to drive them out. The good qualities, therefore, which we shall speak of, are such, as it is earnestly to be desired that young people may constantly cultivate, and that they may have them formed into settled habits, before they think of settling themselves for life.

10. Those young persons, who a few years hence will constitute the great body of the labouring class of society, we expect now to find either in domestic service, in apprenticeship, or in the house of their parents, assisting the father in his calling, or the mother in her domestic cares. We shall speak of such moral habits as those circumstances will call into exercise, such as will establish for the individual a good character in them.

11. *Integrity* is the first moral virtue, the basis of all that is valuable in character. For suppose we were inquiring the character of a servant, and should be told that she was active, cleanly, good tempered, and possessed a dozen other good qualities, who would reckon her character worth any thing if it must be added, 'but she is not honest?' Well, then, let young people, who wish to be respectable and happy throughout life, begin by cultivating the strictest integrity in all their dealings. By honesty, I do not mean merely abstaining from such acts as, if detected, would expose to a halter or a prison; but a nice feeling of principle, that would shrink from the smallest and most secret fraud, or act of unjust gain. Show me a youth, who, if an account is made out a shilling or a penny in his favour, points it out, and returns it as soon as the error is detected; or who, when tempted by companions to take some little perquisite not expressly allowed,

steadily refuses to make use of the smallest part of his master's or his parent's property, without express permission; and I will show you one who possesses the first requisite to respectability and happiness. A person of another cast, who takes every little mean advantage that presents itself, who now and then takes a pinch of tea, or a sip of wine, or one apple out of a heap, or one penny out of a till, goes the way to ruin and misery. If a person surrounded with plenty yields to such temptations, what may they not be led to, when pinched with want, and surrounded by a starving family? And if a child does not hold sacred the property of a parent, is it likely that that of a husband or wife will be more so? And, in the married life, what happiness can there be without mutual confidence? If property is disposed of by one party, without the concurrence of the other, or if even such a suspicion exists, comfort soon forsakes that dwelling.

12. I promised to enliven my remarks with anecdotes. Take the following, as showing the value of strict integrity, both to character, and success in life.

13. "A nobleman, lately travelling in Scotland, was asked for alms in the High Street of Edinburgh by a little ragged boy; he said he had no change: upon which the boy offered to give it. His lordship, in order to get rid of his importunity, gave him a piece of silver, which the boy conceiving to be changed, ran off for the purpose. On his return, not finding his benefactor, who he expected would have waited, he watched for several days in the place where he had received the money, pursuing his occupation. At length the nobleman happening again to pass that way, he accosted him, and put the change he had procured into his hand, counting it with great exactness. His lordship was so pleased with the boy's honesty, that he has placed him at school, and means to provide for him."

14. "There was a poor, but honest widow woman, who had a large family; she brought them up to work hard all the week, and go decently dressed to church on the Sunday: she often found it difficult to let them out; but though their clothes were so patched, that it was hard to tell which was the masterpiece, yet there was never a hole to be seen in them; and, let them be ever so coarse, they were sure to be clean. One of her boys worked for a gentleman farmer in the parish, and one day his master said to him, 'Here, Will, are a couple of pair of ~~old~~ smallclothes for you, I know your mother is a tidy woman, and makes the best of an old thing.' Will carried them home highly delighted, and good-naturedly wished

his mother to mend one pair up for his younger brother; but she thought it a pity to cut them smaller, so mended one pair to serve Will for Sundays, and put the others carefully by. Nearly two years elapsed, and at length, the first pair being completely gone by for *bettermost*, the second were inquired after; the careful mother brought them down to repair, and, turning out one of the pockets, discovered a five pound note. She immediately took it to the gentleman, and said, with great simplicity, that she had brought back the bank note that was left in his honour's pocket. He thanked her, and said he never should have missed it; he greatly commended her honesty, but suffered her to return home without any other reward than that which she found in her own bosom, the consciousness of having performed a right action. She did not expect any other, therefore she was not disappointed, but went home very contented and cheerful, and completed her mending job by the time her son returned from work. 'Mother,' said he, as he entered the cottage, 'the squire wants to speak to you, and you and I are ordered to go together in half an hour; what can he want of us? I'm sure I have done nothing to have anger about.' 'We shall hear when we get there,' answered his mother, without out some suspicion of the nature of his business with him; but little anticipating the substantial proof she was to receive of his approbation of her conduct. Will having cleaned himself, accompanied his mother to the farm. In the hall were assembled all the work people, besides two or three neighbouring gentlemen. On the entrance of Mrs. Coles and her son, the master related to all present the affair of the bank note; he then replaced it in his pocket-book, and took out one of *double value*, which he presented to the poor widow, and added, that both from the conduct of her son, since he had been employed on the farm, and from the circumstance of his having been brought up under so good a mother, he felt the fullest confidence in his integrity, and should appoint him as his bailiff, to manage the affairs of a small farm, a few miles distant. The widow and her son, as may be supposed, were overcome with joy and gratitude, and the company present seemed disposed to divide their applause between the honesty of the peasant, and the generosity of the master."

15. "Joseph was sent on an errand to Mr. Russell's, the great linen-draper's shop, and had a pound note given him to get changed. It was just at dusk that he took the money; he wrapped it carefully in a piece of paper, and as soon as he got home, he counted it by the candle, to see that all was right;

when lo! among it he found that a golden sovereign had been given to him instead of a silver shilling: away he ran back to the shop, with the money in his hand, and addressing himself to the shopman who had served him, said, 'Sir, I am come to tell you that you did not give me my change right.' The shopman rather hastily replied, 'But I am certain I did give it you right, and you must have dropped part in going home.' 'No, sir,' returned Joe, 'it was quite safe wrapped up in my paper, and when I came to count it over I found'——'Ah!' interrupted the hasty shopman, 'it does not signify telling us what you found; we have no time to attend to these kind of things; if it had not been meddled with from the time I gave it you, you would have found it right enough.' The master of the shop, happening to overhear something of the dispute, came up, and asked Joseph what he missed. 'I do not miss any thing, sir,' replied the boy; 'but I have brought back a sovereign, which was given me in mistake; will you please to take it, and give me a shilling instead?' 'Certainly I will,' returned the master; 'and I am very much obliged to you for your honesty. You seem to be a poor lad; and as the money was given you in mistake, and you were not known at the shop, it would very likely never have been missed or traced: the thought of this must have been a strong temptation to you to keep it for your own use; how was it that you resisted it?' 'I have been taught, sir,' said Joseph, 'that my duty to my neighbour is, to do to others as I should wish them to do to me, if I were in their place. I know that if I had given but a penny in mistake, I should wish to have it returned, much more such a sum as this. So I made haste back with it, before there was time to be tempted to keep it.' 'You have acted wisely, and nobly,' said Mr. Russell; 'may you ever be enabled to persevere in the path of rectitude! But now, as you have judged so fairly, and performed so faithfully what I had a right to desire of you, tell me, what do you think you can reasonably desire of me?' 'That you should think me an honest boy, sir.' 'I do so, my good lad; and will give you a convincing proof of it.' 'I have just now been to inquire the character of an errand boy, who has applied to me for employment; he is a much stouter lad than you, and his late master tells me he is quick and clever, but inclined to be sly: this is a character I cannot bear; but your conduct, my lad, in this instance, is a character for you. I value integrity far above the highest abilities; so go home to your parents, and tell them that, if they are willing, you may come here to-morrow morning.' Joe and his parents,

you may be sure, could make no objection to so good an offer. He went to his place the next day, where he still continues, giving great satisfaction to his master by his fidelity, diligence, and civility, and the shopman, who is a worthy young man, being grieved that he had spoken so hastily and harshly to a good and honest boy; has ever since, proved a kind friend to him; and, besides many other good-natured actions, has, in his leisure hours, taught him to write and cast accounts."

16. Very nearly connected with integrity is *Sincerity*. A constant habit of speaking the truth only, and guarding against anything like an intention to deceive, or conceal what is true. I don't know any one thing that tends more to mutual respect, and mutual happiness, in a family or other society, than when one feels that they can fully rely upon what the other says; there is then no concealment—no prying—no jealousy—no suspicion. Mrs. Taylor, in her truly valuable 'Present to a young Servant,' has so happily illustrated the evils of lying and insincerity, that I take the liberty of inserting her narrative, assured that my readers will find it both entertaining and instructive.

17. "Hannah Perry was the daughter of poor cottagers; who having no good principles themselves, of course were unable to instil them into their children. The mother was in the constant habit of *lying* to the father, to account for the money she squandered away in gin, in snuff, in ounces of *fine* tea, and quarters of *fresh* butter, and in a variety of other unnecessary expenses, by which many of the poor injure their circumstances, impose upon the charitable and humane, and become burdensome to the parish, when they might maintain themselves decently by their own industry, if they chose.

"When Hannah perceived that her father was sometimes imposed upon, she began to think *lying* a very convenient thing, for she had not learned to consider, that it is the offspring of vice, and the parent of misery. Being a girl, of quick parts, she soon became as dexterous as her mother, in every kind of deceit and falsehood. She often obtained her parents' praises for the tricks she practised upon themselves—they thought them *so* droll and *so* clever. 'O Hannah! what a liar you are, girl!' the father would say laughingly, clapping her on the back: and the mother used to observe, that it was a hundred to one but her girl would get on in the world, by hook or by crook.

"In process of time, into the world she went to try her fortune: of course, she was extremely ignorant, but naturally

very sharp; so that, in general, she required to see a thing, but once done, to be able to do it herself. She had a sort of pride, which delighted in performing things well; not so much to serve and oblige her mistress, as to set herself off, and show how clever she was; and though brought up in a dirty way, she soon discovered that, to be thought clever, it was necessary she should be cleanly. Cleanly, therefore, she became; and as idleness formed no part of her character, she found the habit not so difficult to acquire as some are apt to imagine.—And now was the turning point in Hannah's fortune. Had the natural ability which she possessed been united to a principle of uprightness, a little care and attention would have established her character as a valuable servant: she might have won credit to her station, and proved a comfort to all around her. But with all her capability she was liable to frequent mistakes, arising from her ignorance and inexperience, which, in order to excuse or conceal, she had always a story ready; and as she had no father at hand to extol her ingenuity, she used secretly to congratulate herself upon what seemed almost like a natural talent.—But however clever Hannah might be, she found mistresses who were as clever as herself, and who were as dexterous in finding out falsehoods as she was at inventing them. A single one may perhaps pass undiscovered, though never unpunished, sooner or later; but they cannot be habitually practised without detection. Hannah soon found that neither her cleverness nor her civility (for she had a very smooth tongue) could atone for her want of sincerity: of course she removed from place to place; and as she could seldom obtain a character, she had invented a variety of stories with surprising ingenuity, which were always ready upon such occasions, and which were judiciously chosen according to the circumstances of the case. Either her late mistress was far distant in the country, or dead, or something, or any thing that might suit her purpose, and serve her turn. In due time, however, she found that it was easier to get out of place, than to get in to one, notwithstanding all her plausible stories. Experience might have instructed her to alter her course and amend her ways, but the habit had become so powerful, that she had almost forgotten how to speak truth upon the most common occasions; and she frequently persisted in an untruth, till she almost believed it herself, and often uttered falsehoods before she was aware of them.

“At length, in an evil hour for him, a labouring man in the neighbourhood became acquainted with her, not at first with any intention of marrying, but merely to enjoy a little

innocent chat; though in a short time the wonderful stories she told, of the high places in which she had lived, the great confidence placed in her by her mistresses, the amazingly grand things she had seen, and the clever things she had done, the great offers she had from Lord such a one's butler, and the Duke of such a one's valet, quite captivated the man; and as her conduct towards him became so intrestingly kind and condescending, as to leave no doubt on his mind respecting her partiality towards him, he was encouraged to make her the offer of his person; especially as she gave him to understand that she had saved a handsome sum in service, which made the step appear not quite so imprudent as at first he feared some might think it. The remaining doubts which he had, respecting what could induce her to marry a poor working man, who could earn little more than enough for his own subsistence, he got rid of, by concluding that there must be something in himself passingly agreeable! When, however, William Jenkins set about furnishing his house, in order to hasten the happy day, he wondered that she did not come forward with a little money toward defraying the expenses; but she said her money was in the hands of a friend, and this friend was in the country: so Jenkins thinking that whenever it did come it would be welcome, and impatient to secure such a bargain, lest it should drop through his fingers, contrived to save enough by half starving himself for a few months, to purchase an old bedstead, a few rickety chairs, a table; and a broken hutch, a rusty kettle, and a few cracked plates and platters, pots and pans: and he did again wonder that she appeared so well contented with all this, and often repeated to himself the words of the old song, 'Only see what love can do.'

"And so in due time they were married, and in due time he discovered his mistake, and so did she too; for she found that quitting service, and getting a husband, and being Mrs. Jenkins, was not quite so delightful an affair as she had expected. As to the money she had saved, it soon appeared that she had no friend either in town or country, nor money either. Mutual disappointment produced mutual dislike and discontent, especially as she could not now, as formerly after a dispute with her mistress, give warning, and go off in a huff.

"It was observed above, that she was not cleanly from principle; and now having, as she imagined, no further purpose to serve by it, she relapsed into all the dirty and slothful ways in which she had been brought up, and proved in every respect that she was *her mother's own daughter*. Her old

trade of lying she still industriously followed, and taught to her seven vagabond children. The husband, who was naturally of a frank and open disposition, finding that she could never be depended on, grew suspicious, cross, and sulky. As she always told some falsehood respecting the way the money went, he as constantly tried to make a secret of how and when it came. If she wanted any thing on trust at the chandler's shop, she was never at a loss for some story to suit her purpose; and when payment could no longer be delayed, she had recourse to the same means to procure the money from her husband, who advanced it always grudgingly, not believing a word she said. If the children were detained at home from the Sunday school, she furnished them with an excuse to account for it; and she was so dexterous in inventing a different one every time, that they did not long need their mother's assistance. But she soon found, that as neither her husband nor her children could depend upon her, so she had no one on whom she could depend; confidence and comfort were banished together, and the house became a scene of quarrelling and confusion.

"In process of time her children sallied forth into the world to get their living, and to be the torments of their employers, as their mother and grandmother had been before them: so do vicious habits descend from one generation to another. Of course they were frequently leaving their places and returning home, to devour the scanty morsel barely sufficient for their parents. William Jenkins died, and left his wife in deplorable circumstances. She was naturally so handy and clever, that many families would gladly have employed her, if her unworthy disposition had not been so notorious.

"And there in her forlorn and darksome hut she still lives, destitute and friendless, only recollected by the families she once served as *that lying Hannah!* Her last resource is the workhouse; and the only friends she can boast are the overseers of the parish."

As a contrast to this, is presented the following pleasing anecdote of President Washington.

18. "When George Washington was about six years of age, some one made him the present of a hatchet: of which being, like most children, immoderately fond, he went about chopping every thing that came in his way: and going into the garden, he unluckily tried its edge on an English cherry tree; which he barked so terribly as to leave very little hope of its recovery. The next morning his father saw the tree, which was a great favourite, in that condition; and inquired

who had done the mischief, declaring he would not have taken five guineas for the tree; but nobody could inform him. Presently after, however, George came with the hatchet in his hand into the place where his father was, who immediately suspected him to be the culprit. 'George,' said the old gentleman, 'do you know who killed that beautiful little cherry tree, yonder in the garden?' The child hesitated for a moment, and then nobly replied, 'I can't tell a lie, papa;—you know I can't tell a lie. I did cut it with my hatchet.'—'Run to my arms, my boy!' exclaimed his father, 'run to my arms! Glad am I, George, that you killed my tree; for you have paid me for it a thousandfold! Such an act of heroism in my son is of more worth than a thousand cherry trees, though blossomed with silver, and their fruits of gold!'

Persons who have joined together in deceiving others, if they should happen afterwards to be connected together, are sure to be unhappy through mutual distrust. I have seen several instances of great unhappiness in the married life, arising from this very circumstance.

19. I think I may next set down *Prudence*. Prudence is wisdom put in practice. It teaches what is proper to be done, and what to be avoided: it also suggests the best means, manner, order, season, and method of doing or leaving it done. This is a valuable quality in a servant or apprentice; when they can judge, without being continually told,—what is suitable to their circumstances and situation,—what is most for their master's interest and respectability,—what is the wisest thing to be done at the present moment, and how it may best be done, so as to secure the well-doing of all that is required, without suffering one duty to jostle out another. This will also be found an invaluable quality in a poor man's cottage: teaching what is desirable, and what is practicable—what had better be pursued, and when, and how—and what had better be let alone, done without, or deferred. This quality will be especially called into exercise in the choice of a partner for life—an imprudent step here would be the ruin of happiness for life.

20. *Forecast or Good Management* is prudence in a particular shape. It is a valuable quality, and one in which some young persons are lamentably deficient. Those who possess it can perform twice the work, with half the bustle and fatigue—just as a good packer will do up the same parcel of goods in half the compass; he has a notion of forming his layers into square rows and a regular pile, and filling up every little chink. The difference is perpetually seen in household affairs;

perhaps in affairs so small that it would seem impossible that they should materially influence the peace and comfort of the family; but, on examination, want of forecast in small things will be found the sole cause, in many families, of perpetual altercation and confusion. A servant knows she has three or five minutes on her hands, before she will be wanted for some particular service. If she be destitute of forecast and good management, perhaps she will set about something that would take her half an hour or an hour to do. She has no sooner begun, than the bell rings; she is obliged to leave, and has her task to begin again. Perhaps she is discouraged—and the next time says, 'Well, it really is *not* worth while to set about anything just for two or three minutes;' so she throws away the two or three minutes, which she can never pick up again throughout the day. A good manager bethinks herself of something that will take just three or five minutes to do, and which might as well be done at that moment as at any other. She does it—and that is off her mind and care: it will not spring forward at any future hour of the day, to vex her mistress by finding it undone, or herself, by being called away from some other business to do it.—'There are the beds to be made—and the breakfast things washed—and pudding and potatoes to be boiled for dinner.' A bad manager receives these directions from her mistress—and to work she goes, with bustle enough, perhaps, as if she would accomplish it all long before dinner time. She makes the beds, and comes down to wash the breakfast things.—'Oh dear, oh dear, was ever any thing so provoking—not a drop of water in the kettle, and the fire just out.' Then the sticks and the bellows go to work, (by the way, I never knew any but a bad manager who found it necessary often to use the bellows,)—at length the water boils, and the clock strikes—why—what o'clock is that?—my pudding ought to be in—and it is not made, nor any water set on for it—well, I *must* use this, and do the tea-things afterwards. The pudding is made, and put in, half an hour later than it should be—then to work again, to heat water for the tea-things—it boils—but she *must* now first put the potatoes off, or they will not be half done by dinner time. The potatoes are put on, and the water poured out—but now the family are assembled for dinner, and the cloth *must* be laid—and the potatoes are all but raw, and the pudding but half boiled—and the water cold, and the tea-things not washed up—and the mistress displeased, and the house thrown into confusion. It seems never to occur to a bad manager, that there are some things, which, if once set a going, go on

by themselves. If she had but supplied the fire with coals, it would have drawn up—and set on the kettle, the water would have boiled for the tea-things while she made the beds—and the fire would have been at liberty for the pudding-water to be set on—and all the mischief would have been prevented. How would this disposition do to carry into a cottage?

21. My next virtue shall be *Self-denial*. I choose rather to put this than good temper; for temper I look upon as part of the original constitution, which it is our province not positively to alter, but to regulate and make the best of. And I think self-denial will be found the most (I will add the only) effectual regulator of temper. Self-denial will rectify a bad temper, and without it a good temper is not to be relied on. Good humour is all very well, and lasts just as long as all goes on smoothly; but when roughs and crosses come in the way, self-denial must be called into exercise, or temper will soon lose its ground. Oh I have seen many a smiling merry girl, after a few years' hardship and privation in the married life, become a poor, peevish, fretful, discontented creature; so that it has been said with truth and justice, 'You would not know her to be the same.' Good humour is a *bright* colour in the web of life; but self-denial only can make it a *fast* colour. A person who is the slave of selfishness has so many wants of his own to be supplied, so many interests of his own to support and defend, that he has no leisure to study the wants and interests of others: it is impossible that he should be happy himself, or make those around him so. Did you ever see a group of selfish children, quarrelling around their feast or their toys? you saw, then, in their violence and squabbles, a lively picture in miniature of a family of selfish individuals. I need not stay to calculate how much happiness is to be found in the cottage where the husband's study is, how large a portion of his earnings he can retain for his own gratifications, without being reckoned quite a brute to his wife and family; and the wife's, how much she can wheedle him out of, or gain secretly, to support her own finery and indulgence—where both are contriving to obtain for themselves the most plentiful share of a scanty meal; or the daintiest bit of a coarse one; or the best seat by the fireside; or the least laborious share of any task that is to be performed. If any young person, who looks forward to a cottage life, will please for a moment to fancy such a cottage scene, it may tend to suppress those risings of selfishness which would grudge to perform any little service, not expressly stipulated for; or

refuse to share the burden with a fellow servant; or murmur at his sharing some profit or perquisite; in short, that would aim to get as much, and do as little, to extort as many benefits, and impart as few, as possible.

22. *Industry* is a virtue most essential to the character and the happiness of the labouring classes of society; a steady, persevering industry, that leads them to take pleasure in their regular employment, and will induce them to spend even the odds and ends of time, called leisure, in activity, not in indolence. It is a pity to hear so many healthy girls now-a-days inquiring for *light places*, when, in reality, full employment is in itself a blessing, conducive to health, contentment, and improvement. A person to whom industry is habitual, has not the smallest inclination to spend one moment either indolently or unprofitably. I have known some young women whose daily business is over by five or six o'clock; yet who may be continually seen with their stockings out at heels, their gown hanging in slits, and their apron strings tied together in knots—strong symptoms, surely, of a serious deficiency in industry. I have known others, (one in particular at this moment presents herself to my mind,) who, in much more laborious places, could find time to keep their clothes neatly mended, to knit their own stockings, and to quilt their own petticoats; (quilted petticoats were the fashion in those days—and good warm, durable things they were, worth a dozen of the modern cobwebs, I was going to say, and so were the wearers too; but that, perhaps, is better let alone;) ay, and they could find time, too, to sew all their shreds together into bed quilts and table tops against they set up housekeeping. There was 'Yorkshire Molly' for one, who lived years in the house of my parents. When she came to be hired, on being asked if she was *afraid of work*, replied, 'Afraid of work! no, not I. I came to London on purpose to inquire after it. You pay me well, and feed me well, and I'll be bound to do the work of two.' Molly was hired, and fulfilled her challenge—no work came amiss to her—no quantity terrified her. On the first washing day, at breakfast time, her mistress offered her some directions about putting up the lines: 'Oh,' replied Molly, 'the linen is all hung out.' In like manner she continually amazed her employers, by her indefatigable industry. She remained with them several years, and then returned to settle in her own country, rich in the fruits of her own exertions, and the liberality of those whom she had served. I knew another, who, in her hours of leisure, during the summer months, kept a considerable garden nicely weeded and

swept, and in the winter furnished the children of a numerous family with socks of her own knitting. Her master and mistress were not unmindful of these extra and unasked-for services. She left the place, after continuing in it above eight years, with many honourable and valuable tokens of respect and approbation. It does not need the spirit of prophecy to say, which of these widely different classes of young women is most likely to fill their husbands' cottages with comforts of their own earning. The same may be said of the other sex. Show me the apprentice who never leaves his bed till he ought to be opening his shop shutters; and then hurries down, slipshod, unwashed, and hardly awake—who does nothing but what he is compelled to do, and retreats from duty the earliest possible moment, to yawn, or slumber, or ramble away the evening. Then show me his fellow apprentice, who actively, punctually, and cheerfully pursues the duties of his calling, rendering many a little service, without waiting for an express command, from the mere habit of activity, which, from long use, has become happily natural to him; who is always about something, either improving his mind, or bettering his condition—or contriving something useful for his parents—or if it be only constructing a plaything for the children; who is awake and active all the time he is up; goes to bed properly tired, and awakes properly refreshed. And could you not, almost with Hogarth's descriptive fidelity, produce me a sketch of the cottage to be furnished and occupied by these two youths some seven or ten years hence?

23. We must not omit *Sobriety*. Drunkenness is a beastly vice—that is a libel upon the brute creation—a beast will not get drunk of his own accord. I will say, then, that it is a filthy, degrading vice; a vice that is ruinous both to health and wealth, credit and comfort. Like other bad habits, it is not formed at once; but arises from taking a *little* more than is necessary to quench thirst or digest food; or taking *now and then* a glass of something extra, or something stronger, on occasion of some extra exertion. The young person (of either sex) who has acquired the habit of *even* finding this either necessary or agreeable, totters on the edge of a precipice; and certainly wants one great feature of a perfect character, and one grand ingredient of cottage happiness. When the weather is cold, and the work hard, and no employer's cupboard or cellar to go to, *here* a few pence will go, and *there* a few; and when the pence fail, one cottage comfort will take wing after another; and the house will soon become a scene of desolation.—I have not done with the various branches of

a good character. There are several yet that must be mentioned; they might be branched out into many more; but the most essential will be found under some of these.

24. *Frugality* is a very essential quality. Let us see a youth (of either sex) careful of whatever of a master's property they may be intrusted with; of the implements of labour, guarding them from injury—getting them repaired when necessary—making them last as long as possible: careful of the provender he feeds his cattle with, and the blacking he cleans his shoes with: careful of the provisions set before him—neither practising nor encouraging waste—turning every thing to account—using decently what is necessary, and no more—and wasting none: careful, too, of his own clothing and earnings—saying the best—keeping the worst well mended—and laying by a trifle for a rainy day. Why, surely, it is evident that such servants are at once invaluable treasures to their employers, and forming for themselves habits that bid fair to multiply and perpetuate their cottage comforts another day; while of those who thoughtlessly and extravagantly destroy or consume a master's property, it may be fairly predicted that they will not take care of their own, or long possess any thing that requires care. The same may be said of those who consume all they earn on their personal expenses. If, while they have home and food provided, all they gain but just serves them for dress and pleasure, by what means is rent likely to be paid; and a cottage furnished; and a family and sickness provided for at a future day?

25. *Teachableness* is another most valuable quality. I mean, not only readiness to learn what is absolutely taught and required, but an aptness to catch the knack of doing any thing useful. It is a great thing to have a disposition, as Mrs. Taylor expresses it, 'to use our eyes, and be able to see other things besides those which are laid straight before us.' What, if the apprentice takes pains to observe how a journeyman performs a branch of the business to which he has not yet been put; or to learn of the clerk how to cast an account? he is not only rendering his services more valuable to his master, and thus insuring his approbation and regard; but he is also qualifying himself to expect better pay when he is himself a journeyman: perhaps (for such advancements have been;—perhaps) qualifying himself, at some distant period, to overlook journeymen, clerks, and apprentices, as head of the establishment. Or what if, in their hours of leisure, the carpenter's apprentice should acquire from the plasterer a notion how to colour a room; or from the gardener how to prune a tree, or raise a crop?

Are not such youths fitting themselves for essentially promoting the comforts of their cottage at some future time? And what if the nurse-maid, without neglecting her own proper charge, acquires also the art of polishing a grate or cleaning mahogany; or the house-maid that of trussing a fowl, or making a pudding or soups? such knowledge cannot be injurious, and may hereafter prove very valuable. The person who can turn her hand to any thing, is qualified to make the best of every thing that her own cottage may afford; and to gain a shilling (and that, perhaps, when an extra shilling may be an essential service to her own family) by occasional assistance in the house of a richer neighbour. But who would give thank'ye for the assistance of a helpless dawdle, who has it always at her tongue's end, 'I am sure I don't know how it is to be done.' 'I never learned to do it.' 'I am no cook.' 'I don't understand house-maid's work.' 'I ben't much of a needlewoman.' 'I never was used to nursing.' If such fools are born, they must be kept, (if they cannot be cured,) but who would expect to find comforts in the cottage of which such was the mistress?

26. *Cleanliness*, or a habit of neatness and order, both in making things clean, and avoiding needlessly to dirt them. This is a branch of a good character in a young person, and very essential to the comfort of a cottage in after-life. How often is the peace of families disturbed from want of this humble but useful quality. The mistress is displeased with her dirty cook; who, if we may judge from her greasy sauce-pans, musty pudding cloths, and various other symptoms, seems bent upon fulfilling, on behalf of her employers, the filthy proverb, that condemns us all to 'eat a peck of dirt before we die,'—or with the glatterly house-maid, whose chief fear seems to be lest she should disturb the spiders, or cause the furniture to take cold by removing a thick coat of dust:—or if these be cleanly, how often are there words between them and the slovenly apprentice, whose muddy shoes are traced along the clean oil cloth, or up the fresh-scoured stairs; or the table cloth disfigured with his gravy or beer; or the bright candlestick wantonly bespattered with tallow-grease. The very same uncleanly habits most effectually destroy cottage comforts. A dirty, untidy woman will not, cannot keep her cottage or her person in that orderly, inviting trim, which a man of decent habits naturally expects and desires, and must have, in order to make him satisfied and happy at home. On the other hand, it certainly is very vexatious to a neat, orderly woman, who has worked hard to get every thing around her

clean and bright, when a dirty, slovenly husband comes in, and flings this thing one way, and that another; and seems wantonly to study how he may soonest efface every mark of her cleanly labours. If all this is patiently borne, and domestic broils are avoided, it must be through the existence and exercise of a still stronger principle than any we have yet spoken of.

27. *Subordination* is necessary to the character and happiness of the labouring classes. Subordination; this is a hard word; let us try to explain it. It supposes society in its regular orders, from the highest to the lowest. In a regular army there are many degrees from the colonel down to the private; and unless subordination were maintained, that is, unless every man knew and kept to his own rank and place, and discharged its duties, there would soon be an end of all order, discipline, and effective service. It is so in societies in general—even in voluntary societies, whose members are originally upon a footing of equality, they find the necessity of degrees; and they agree together to choose from their own body a president, a treasurer, a secretary, or whatever other officers may be necessary for the government and arrangement of the society; to these they give power and authority, and to that power and authority they submit. Families are small societies; children are necessarily subordinate, or subject to their parents; and servants to their masters. There is neither hardship nor disgrace in all this.

‘Honour and shame from no condition rise:

Act well your part; there all the honour lies.’

He who has never learnt to obey, knows not how to rule; and unless I can hear of a young person, (of either sex,) that they are willing to obey, without murmuring or disputing, all the just and reasonable commands of their parents and masters, I see in them no germ of good conduct, or comfort in the marriage state. The youth who is not dutiful and affectionate to his or her parents, and respectful and obedient to master and mistress, is not at all likely to exercise that steady affection, self-control, and mutual forbearance, which are so essential to happiness in married life; nor yet to exercise that steady, gentle, and well-regulated authority, without which children cannot be properly managed. If each keep to their post, all goes on smoothly and pleasantly; but if all want to govern, or refuse to comply, then all is confusion and contention.

28. The next good quality I shall mention is a *cheerful, contented disposition*; a readiness to look at the bright side of

every thing, and to make the best of it. This is a changeable and imperfect sort of world. There is scarcely any thing we meet with, but what has in it a mixture of good and evil. Much of our happiness and misery depend upon ourselves. It is not so much how things are, as how we take them. The disposition of some persons leads them to look only at the evil—in whatever circumstances they happen to be placed, they make a point of considering them as affording great cause of complaint. When misfortune befalls them, they never mend the matter by reflecting how much worse it might have been; and whatever good comes in their way is imbibited by observing, that something greater or better is possessed by their neighbour, and might have been theirs, but for this, that, or the other circumstance, which, though they cannot alter, they will not cease to bewail. Such murmurs are the bane of all enjoyment, both to themselves and to all whose misfortune it is to be connected with them. There is another disposition, which leads a person to look at his circumstances in the best light, and so to find great cause for contentment, where others would find only cause of complaint. Such a disposition has been pronounced to be worth ten thousand pounds a year. For my part, I think it invaluable; and I am sure the person who possesses it, let his outward circumstances be what they may, would make a bad exchange in parting with it for the greatest price that could be offered. For let it be remembered, that even if it were a kingdom, it were but a mixed portion still. The king or the queen has crosses, toils, and vexations, as well as the day labourer; and it is only by making the best of it, and looking at the bright side of the picture, that the monarch can be contented and cheerful any more than plain John of Joan.

29. But what has cheerfulness to do with a good character? A vast deal. It is a sin both against God, our neighbour, and ourselves, to be discontented; and not only so, but it would stand greatly in the way of our usefulness and our happiness in life. As to taking even a servant or an apprentice with a gloomy, surly, snarling countenance, who should perform every service with a grudge, and be always on the watch for something to complain of;—why I would, ten to one, rather do all the work myself, and bear all the burden too;—and as to taking such a partner for life, I pity those indeed whose lot it is—they have need enough of a patient, cheerful disposition to bear up under such a constant worry. Solitude for life would be far preferable, or almost a life spent in walking the tread-mill at Brixton, than to be tied to such a partner.

Ne—whether in the kitchen, the workshop, or the nursery; above all, in seeking happiness for life in a cottage, *that's* the only disposition to find it, that, under every circumstance, cheerfully admits, 'things might have been much worse to-day; and we will live in hope of their being much better to-morrow.' I have often read with pleasure the following little story: perhaps you will like to read it too.

30. *How to make the best of it.*—"Robinet, a peasant of Lorraine, after a hard day's work at the next market town, was returning home with a basket in his hand. 'What a delicious supper shall I have?' said he to himself. 'This piece of kid well stewed down, with my onions sliced, thickened with my meal, and seasoned with my salt and pepper, will make a dish fit for the bishop of the diocese. Then I have a good piece of a barley loaf at home to finish with. How I long to be at it!'

"A noise in the hedge now attracted his notice, and he spied a squirrel nimbly running up a tree, and popping into a hole between the branches. 'Ha!' thought he, 'what a nice present a nest of young squirrels will be to my little master! I'll try if I can get it.' Upon this, he set down his basket in the road, and began to climb up the tree. He had half ascended, when casting a look at his basket, he saw a dog with his nose in it, ferreting out the piece of kid's flesh. He made all possible speed down, but the dog was too quick for him, and ran off with the meat in his mouth. Robinet looked after him—"Well," said he, "then I must be content with soup meagre—and no had thing neither!"

"He travelled on, and came to a little public house by the road-side, where an acquaintance of his was sitting on a bench drinking. He invited Robinet to take a draught. Robinet seated himself by his friend, and set his basket on the bench close by him. A tame raven, which was kept at the house, came slyly behind him, and perching on the basket, stole away the bag in which the meal was tied up, and hopped off with it to his hole. Robinet did not perceive the theft till he had got on his way again. He returned to search for his bag, but could hear no tidings of it. 'Well,' says he, 'my soup will be the thinner, but I will boil a slice of bread with it, and that will do it some good at least.'

"He went on again, and arrived at a little brook, over which was laid a narrow plank. A young woman coming up to pass at the same time, Robinet gallantly offered her his hand. As soon as she got to the middle, either through fear or sport, she shrieked out, and cried she was falling. Robinet

hastening to support her with his other hand, let his basket drop into the stream. As soon as she was safe over, he jumped in and recovered it; but when he took it out, he perceived that all the salt was melted, and the pepper washed away. Nothing was now left but the onions. 'Well!' says Robinet, 'then I must sup to-night upon roasted onions and barley bread. Last night I had the bread alone. To-morrow morning it will not signify what I had. So saying, he trudged on, singing as before.'

31. I shall mention but one more essential of a good character. *Discretion in the choice of companions*,—especially of a companion for life. There is no saying more commonly or more justly applied than this—'Tell me your company, and I will tell you what you are.' Many a young person has lost a good situation, or the confidence and respect of their employers, from inattention to this;—many have gone further still, and lost character, virtue, happiness; all that was worth keeping. This seems a proper occasion for observing the necessity of cautious propriety of conduct, even where a virtuous and prudent attachment may subsist. On these matters depends much of the happiness of after-life. Before marriage, both parties are inclined to overlook, or put a favourable construction upon, the conduct of the other: but when the first dreams of rapture are over, then each naturally looks back to the past; and if on either side there be recollections of levity of conduct before marriage, want of prudence in the choice of associates, or especially any thing like unbecoming liberties offered or admitted, confidence and respect are weakened; suspicion is aroused; and life is imbittered. Of this many affecting examples might be given.

32. Now is the reader disposed to say, 'What a list of ingredients in a good character! What a string of prerequisites in order to the enjoyment of cottage comfort! It is to be hoped they are not all necessary!' Well—let us call them over; and see which *you*, for one, would be inclined to dispense with in a partner for life. '*Integrity*.' Would you be willing to marry the person who had defrauded his or her employers; who would not hesitate to defraud you; and a connexion with whom would be the ruin and disgrace of your own character? '*Sincerity*.' You would not surely be the willing wife or husband of one on whose word you could place no reliance; one whose lying tricks would be always in danger of detection, and, when detected, universally despised. '*Prudence*.' Should you like to place your property, especially your hard-earned savings, at the disposal of a rash, inconsiderate person,

who would be always running you into some extravagance or error, and always suffering the opportunity of doing good to escape unregarded? '*Self-denial.*' And could you really believe that the person loved you, who would make no sacrifice for your sake? or could you be happy in uniting yourself for life to one whose selfishness would keep you in perpetual doubt of their affection? '*Industry.*' I need not say much about this—for what decent young woman would be so mad as to think of marrying a lazy, slip-shod sluggard, who hates work? Or what diligent young man would waste a thought upon an idle, indolent slattern, to whom employment is a burden, and whose greatest enjoyment is to lie a-bed in the morning, and to sit all the day with her hands before her? '*Sobriety.*' It need not be asked if this quality can be dispensed with in a wife. Certainly no young woman who stands in the least degree suspected of an opposite vice would be admitted into any respectable service; much less would she be likely to obtain or retain the affections of any steady young man. But I will ask any modest, discreet young woman, 'Can you bear the thought of having a drunkard for your husband? Did you ever hear or suspect that the youth of your affections had visited a public house; without a thrill of pain and apprehension, which fully proved that I have not, in sobriety, set down one virtue too many?' '*Frugality.*' And can this be done without? Is one party willing to earn for the other to squander, or to furnish the cottage with comforts to be speedily wasted and destroyed? Or do cottagers possess a mine of wealth that can constantly furnish new supplies, at the call of extravagance and carelessness? No such thing—frugality cannot be dispensed with: '*Teachableness.*' Whatever may have been your circumstances hitherto, you cannot expect to be comfortable, or to make a respectable appearance in the married life, and in a cottage and family of your own, without learning to do many things that you have never been accustomed to do before. '*Cleanliness.*' And surely you could not bear the idea of sitting down for life in a dog-kennel, or a pig-sty. You might as well do that, as share the abode of a human partner whose habits are not less filthy and disgusting. '*Subordination.*' You will, of course, wish that your husband or wife should be willing to pay you proper respect, and discharge the duties which you consider due to you. The only pledge that can be given to that effect must be sought in the due discharge of duties in their former relative situations. '*Cheerfulness or contentment.*' I need not waste many words here; for you would not like to marry a person whom you

could never please, try what you would, and who, instead of endeavouring to soothe you when irritated, and to cheer you when depressed, would rather be taking occasion from every passing circumstance, to be gloomy, fretful, and out of humour. And then '*Discretion*' in conduct and in choice of friends. You could not expect happiness from one who would fill your house with light, dissolute, disreputable acquaintances; or whose indiscreet conduct would expose you to continual suspicions of their fidelity and virtue.

33. So here we end the list; and I think I have bargained for nothing that can be spared;—but if, on the other hand, I am told of a young person, whether male or female, who is remarkable for strict, conscientious integrity; whose word may on all occasions be taken, whose conduct is uniformly prudent and correct; who takes pleasure in making sacrifices to promote the happiness of others; who is active, industrious, cleanly, and frugal; apt to learn; obedient and affectionate to parents; and very circumspect both in acquaintance and demeanour;—why, whoever was seeking a servant, or whoever was looking out for a partner for life, I should say to them at once, '*This is the very person to fill any situation with propriety, and to stock any cottage with comforts.*'

CHAPTER II.

OF CHOOSING A COTTAGE.

34. Now, having supposed two worthy young people, possessed of the qualifications requisite to form a good character, we will suppose them also to have formed a virtuous attachment for each other; and, after suitable deliberation, to have determined upon a union for life, and to be looking out for a cottage, in which to settle. A few hints on this subject may be useful. As frequent removals are expensive, inconvenient, and destructive to furniture, (poor Richard says, '*Three removals are as bad as a fire,*') it will be well to avoid them by choosing such a habitation as is likely to be permanently suitable.

35. There are three things to be principally considered—health, convenience, and capability of improvement. It is

evident that a very small house, in a dark, confined situation, and that has no outlet, cannot be favourable to either; and should therefore, if possible, be avoided. 'This dark, confined situation, up a dirty alley, will never do for me,' says a prudent young woman; 'I should be always ailing, for want of pure air, and have to burn candles half the day in winter; besides, here is no convenience for washing—and I should be glad, while my hands are free, to earn a shilling that way, or to turn one by putting a few tapes, threads, and cakes in my window—but nobody would think of coming here to buy.'

36. As some or all of these evils mostly belong to cottages in large towns, a dwelling out of town is generally to be preferred, as there is usually more room afforded at a lower rent. But this must in part be regulated by the nature and situation of the man's employment. If his business is in the town, too long a walk morning and evening, and at the hour of dinner, will occasion inconvenience and loss of time. The woman must also calculate her time, which will occasionally be occupied in going to shop or market. Evils and advantages must be fairly balanced against each other; that chosen which appears best on the whole; and then made the best of.

37. A damp, marshy situation is to be avoided; one that is liable to be flooded in the winter season, or one that is surrounded with thick woods. Agues, rheumatisms, and fevers are often occasioned thereby.

38. Water is a most essential accommodation. In some country places, great inconvenience and loss of time are occasioned by having to fetch water from a great distance; and much disease is produced by using that which is stagnant and impure. I don't know any thing more essential to be looked to, in the choice of a dwelling, than plenty of good pure water near at hand. A pump is far preferable to a well, both for ease and safety. If yours is a well, pray see that it is securely guarded.

39. In general, that may be reckoned a convenient cottage which somewhat answers to the following description. The rooms are good-sized, light, and airy; the ceilings moderately high; the staircase tolerably wide and easy; the roof and walls sound and in good repair; the doors and windows open and shut properly; so that, on the one hand, air is admitted without difficulty, and, on the other hand, wind and rain are securely kept out. There are at least two rooms up-stairs, one of them with a fire-place: with less than two rooms a numerous family cannot be decently and comfortably brought up; if three, all the better; we can find a good use for it by

and dry. In the lower room is a good fire-place, free from smoke—and one or more convenient closets. There is a back-house, where washing and other wet or dirty work may be performed; and thus the family room kept always dry and clean. If in this back-house there is a copper and an oven, all the better; at least there should be a place, where they may be easily added. A well or pump, we have already said is indispensable. And a bit of ground, well secured, where linen may be dried, and vegetables raised, is very desirable: the south-west aspect is the best. A shed for fuel is a desirable addition: so also is a pig-sty. And if there is a right of common, where turf and furze may be cut, and a cow, pig, ducks, or geese turned out to graze, it is a further advantage. The nearer your cottage answers this description, the more convenient and comfortable you will find it. If it is very deficient in any of these respects, it is proportionably less valuable.

40. As to the rent that would be proper to give, it varies so much in different places, that nothing can be said in a general work. There are two things to be well considered,—what it is worth, and what you can afford. As to the first, you had better ask the opinion of some judicious, impartial friend, who has had experience in such matters. As to the latter, without by any means wishing to recommend rashness or extravagance, I would just hint—don't be too soon caught by a nominally low rent. If the place is wretchedly out of repair, or destitute of conveniences, or affords you no chance of making any advantage either of room or outlet, however low the rent, it may prove a very dear bargain. An industrious, thrifty young couple, who have the notion of turning every thing to a good account, had better venture a pound or two more in the rent, if, by so doing, they can meet with a more convenient, and advantageous situation.

CHAPTER III.

OF TAKING A COTTAGE. . . .

41. SOMETIMES an agreement may be advantageously made with a landlord, to take the cottage for a considerable time, and at a moderate rent; the tenant undertaking repairs, and

occasional improvements. In this case, it should be put in thorough repair by the landlord at the outset, or a sum allowed for that purpose, (perhaps a year's or half year's rent remitted,) or proper abatement made in the rent. Such an agreement as this may answer very well, especially if the man's trade be such as would qualify him to do the needful repairs himself in his leisure hours; for instance, a carpenter, a plasterer, or a mason; or indeed any other man, who may have acquired the happy art of turning his hand to anything. Five or ten pounds allowed in this way to such a man, will be laid out much more to his own comfort and satisfaction, and to the improvement of the premises, than could have been done by the landlord with the same sum.

42. Such an agreement should be clearly understood by both parties—what is engaged and what is expected. It is better to have it written down, for the satisfaction of both: there are many little things that may slip the memory, and occasion disputes. Besides, either party may die—and in that case it is right that there should be something to show to those who come after them,—what they really did agree to—how long a term the cottage is let for—what rent is to be paid, and when—what grates or other fixtures belong to the house—whether the tenant has liberty to move them or exchange them—whether he may stop up a window, or open a new one—what repairs are expected from the tenant—and whether he is entitled to any allowance, at leaving, for improvements that he may have made—whether the land-tax or quit-rent is to be paid by landlord or tenant. It is not much trouble or expense to get all this written and properly signed; and it may save a vast deal of trouble and expense at some future time.

43. It is desirable in spending any thing, whether money or labour, on another person's property, to have some security that the enjoyment shall be our own. This may easily be obtained by the respectable young couple whose character I have portrayed. Any landlord will be glad to have such tenants; and an upright, honourable man will readily afford them any security of that kind that they can reasonably desire. If they should not be personally known to the landlord of the house they wish to occupy, the young man's employer, or the master in whose service the young woman lived so respectably, will readily speak a good word for them; and, if needful, will most likely even become responsible for the regular payment of the rent. An established character is property of the most valuable kind, and will be found so any day.

ENTERING UPON THE COTTAGE.

43. If the cottage you have fixed upon stands empty, leave to occupy it may generally be obtained, the rent not commencing until the next quarter day. Thus you gain a week or two, or perhaps a month, in which to do the needful repairs and get it in order. And this is a great object to you, as you are to do the repairs yourself, perhaps assisted by some good-natured work-fellow in the branch which he understands better than you do, under the engagement that you will do as much for him another time. Neither of you can be there every day, and all day long; and it would be grievous to be paying rent before you fairly lived in the place.

CHAPTER IV.

OF ENTERING UPON THE COTTAGE.

45. I HAVE proceeded upon the supposition that my young friends wish to begin life upon a decent, respectable plan. They *might*, to be sure, as many have done before them, make shift at first with one room, to eat, sleep, and work in—it might be furnished with an old bedstead, a few rickety chairs, a table, and a broken hutch; a rusty Kettle, and a few cracked plates and platters, pots and pans: and there they might strive, and toil, and drudge, just to continue, for they could not hope to better their existence; and there they might bring into being a miserable race, with scarcely a chance of emerging from their native filth and wretchedness. But I take it for granted that no such beginning will satisfy my readers. They are respectable young people, who have established a good character, and with prudent care have saved something from the earnings of their youthful days to begin the married life with.

46. I am studying for them to enjoy as many comforts as their present circumstances will prudently afford them; and that they should still be inspired with the hope of bettering their condition in life. This hope, I know very well, is, as a sensible writer has expressed it, (Slahey,) 'beneficial to the community, as well as advantageous to the individual. It cheers him in adversity; it encourages his industry; it promotes his content.' I shall here give you a few more of his

remarks; both because they are sensible and suitable, and because they prove that all who recommend contentment to the poor do not (as some writers to whom I alluded in paragraph 5 would insinuate) teach them to be content with poverty, or to think that religion requires them to be so. 'It is desirable that the working classes should be frugal, industrious, and contented;—contented, not with wretchedness and dirt, merely because their forefathers have been used to them—but contented with those comforts which are within reach of their own industry, care, and forethought—and contented with nothing less; endeavouring to provide in youth against the wants of their old age: provident against illness or loss of employment, they should depend upon their own exertions for support.' 'The scale of comfort and convenience which a labourer has been accustomed to think necessary determines the time of marriage. He waits till he has attained what the opinion of his own class around him has deemed decent and fitting. The higher this scale of public opinion is kept, the better and the happier will the people be. It is widely different in different countries.' In Ireland, a pig, and a mud cabin, without window or furniture, is held sufficient; in Poland very little more is required. But in England, Scotland, Holland, and Switzerland, the decencies of life are better observed; and a young couple require at least a cottage, with some furniture, and implements of husbandry (or other trade). The wish which many of the poor entertain, to buy a clock before they marry, to them a very expensive piece of furniture, has been by some regarded as ridiculous. But the effect of this wish is highly useful; it gives them something beforehand in the world, and habits of self-denial and industry to obtain it.

47. 'Fanaticism' is a favourite word with some writers, when they wish to make it appear, (than which they *know* nothing is more false,) that writers who recommend religion do so with a view to keep people contented in a state of destitution, slavery, and misery. But fanaticism is a hard word, and I shall have nothing to do with it. Whoever preaches, bear witness I do not, nor do I believe, that to be poor and wretched is any mark of God's favour; nor would I have any man remain in that state, if by any honest means he can rescue himself from it; and I believe most, if not all, reasonable and religious people would say the same. But we shall speak about religion by and by. Let us go on now with getting our cottage ready to inhabit; and as 'prevention is better than cure,' and it is easier to begin in a respectable,

creditable way, and go on steadily improving, than it is to get out of a state of wretchedness, after having once been accustomed to it, it is that which makes me so anxious for a good beginning.

48. Well, then—I conclude that my industrious, careful young labourer, or workman, and his intended partner, in her respectable service, have each laid by a few pounds at least to begin the world with. Now let it be put to a good account, and made the best of. I should be sorry to see the example followed of an industrious, but headstrong young woman, whom I knew, who, having formed an attachment contrary to the advice of all her friends, when the bans of marriage were published, drew out her savings, amounting to upwards of twenty pounds, with which she purchased furniture,—but, before the marriage took place, she had a quarrel with her sweetheart, and the match was broken off. She had no where to put her furniture; nor any prospect of wanting it; so she sold it, part to her acquaintance, and part at a broker's shop; for the whole of it she got eight pounds, which she once more laid by, and went to service again; having paid upwards of *twelve* pounds for her freak.

49. I shall suppose that you have got the cottage to repair yourselves, and the garden to put in order. Now a great deal depends upon managing and timing things well. For instance, if it is the spring of the year, when the garden wants cropping, don't let the time slip—just dig up the ground, sow your onions and carrots, plant your potatoes, and prick out your cabbages—they will be growing, without your care and labour, while you repair your house. But if you do your house first, you must go without a crop for that year. Observe, too, to do out-of-doors work while the weather is fine—you can work in-doors when it rains.

50. One of the first things to be done is to make good all the fences—it would be very grievous if, for want of this, a neighbour's pig, or other animal, should get in and destroy all your labour.

51. The next thing I would think of, is some posts for your wife to dry her linen. I speak now to the young man, as I expect it will be chiefly *his* care to get the place to rights. And, once for all, I say to *both*, whatever you can contrive for the comfort of your partner, it will be well bestowed; it will stimulate to industry, promote good humour, and cement affection. Oak posts are very expensive; but I will tell you of something very cheap, that will answer just as well. If you get some fresh cut, straight willow poles, about as thick as

your arm, cut off all the twigs, except about half a dozen, set round the top, which may be left five or six inches in length; dig a hole at the corners of your garden, and set in the posts; put them as much as a foot in the ground, set them fast with large stones, and fill up the mould round them; and there you have good, strong, living, growing posts, that will serve you for many years—this I know by experience. The twigs at top will serve to fix the line by. It is better to have them high enough, and strong enough; the labour is no more, and the cost no great difference. If they are nine or ten feet above the ground, it is none too much; the linen will not be so likely to drag, nor yet to injure your currant and gooseberry bushes.

52. While you are about it, you might as well stick in a couple more posts, in any pleasant part of your garden, which, with a few ash poles to bend over, and a woodbine, or even a few nasturtiums, to train around them, will make a pretty arbour for you and your wife to take a cup of tea in summer time—many a happy hour have I passed under such a one. You will perhaps be too busy to put a seat there just now; a couple of chairs will do; and you can contrive the other at your leisure. I shall say no more about the garden at present; but will give you a calendar suited to a cottager's garden, when you are settled, and have time to attend to it.

53. Now we are come in-doors—and here, let that be done first which will take longest to dry; any thing of plastering that may be required. It would be sad for either of you to be laid up with the rheumatism, through coming into a damp house. Let all work, too, that makes a dirt (such as grate-setting, altering a window or door, &c.) be done before any of the cleaner work, painting, or white-washing. It is very vexatious to have things dirtied almost before they are cleaned; and a great pity when this is the case for want of planning and timing things properly.

54. A word on the subject of grates. If there are none already fixed, as may be the case if it is a new-built cottage, pray see that you choose a good sort of grate, and have it well fixed. If there are grates of the old-fashioned sort, set far back, and the chimney left wide, I think a little money will be well bestowed in exchanging them. I do not object to them on account of their being old-fashioned; but their consuming a vast quantity of fuel, and throwing out very little heat. I have in my back kitchen a pretty little grate, which cost new, 26s. and 11s. for setting. I wish there were just such a one in every cottage in the kingdom. It contains

a small oven, heated without any additional fuel, in which may be baked a pudding, pie, cake, or small joint of meat—many a three-halfpence this has saved. For a few shillings more, you might have a boiler on the other side, by which you are constantly supplied with warm water. I have one of that kind also: it is considerably larger, and cost nearly four pounds—but the other throws out a good heat, and serves all the summer to cook, (roast, boil, bake, and fry,) for a family of six or eight persons. And as to firing, it will burn any thing; and this is a great object where wood and coals are dear: when it is once thoroughly lit up, it requires nothing better than cinders or small coals, except for roasting. This kind of grate is called a *Yorkshire grate*. If you should be inclined to buy one, let me again recommend you to employ a workman to set it who thoroughly understands his business. The drawing up of the fire, heat of the oven, and freedom from smoke, depend greatly upon the grate being properly fixed, and the chimney properly contracted.

55. If it should be your wife's intention to take in a little washing, the expense both of a copper and an ironing stove will be money saved in the end. Indeed, a copper I consider absolutely requisite to the comfort of a cottage, as will be abundantly seen, when we come to speak about home-brewed beer. A copper, containing twenty gallons, may be heated at less expense of fuel, than a pot, containing six gallons, can be boiled over the fire; especially in one of the old-fashioned fire-places;—the same may be said of heating irons and drying linen by a stove or before a fire. These things, to be sure, are expensive to buy at first; but they are more easily obtained at first than at any future time, and the cost is soon saved in fire and labour. A German stove, to answer your purpose, may be bought for about a pound,—and a large brass skillet, or kettle, may often be bought cheap, second-hand, and does admirably well to set as a copper. I have no doubt but you might get one, that, including iron work, fixing, and lid, should not cost you above two pounds. You may get a tidy little grate, for your bed room, and have it set, for about eight or ten shillings.

56. 'But how the expense runs up!' you say, 'here's a matter of six or seven pounds gone, before a stick of furniture is thought of.' But recollect, my friend, these things are *your own*; you pay your landlord less rent than you would have done if he had furnished them, and I will answer for the money being soon saved in fuel and in comfort, considering the difference between these and the awkward, old-fashioned

chimney-places. So it is only paying a little beforehand, while you can best spare it, and enjoying the comfort of it by and by, when you most want it. I mention these things *now*, because, if you intend to have them, now is the time for fixing your copper and grates, and making a hole above your kitchen fire-place, for admitting the tube of your stove—which, you will observe, is not always to stand littering your kitchen; but when out of use, may be easily taken to pieces, and put in any *dry* place. You will have a tin thing made, like a saucepan lid, to fit close into the hole over the chimney-place.

57. If you should have occasion to add or to remove a window, please to pay attention to the following sensible remarks from an author already quoted (Slaney).—Windows should be placed high up, and be always made to open wide, and at top, especially in bedrooms; so as to give an exit, towards the top of the room, to the heated air, which always ascends. This simple precaution is too often neglected, even in the mansions of the rich; and in case of fever or other infectious disorder, it is of the utmost consequence. I am happy to mention an alteration in the window tax, by which, if a house has once been fairly rated, it is allowed to open ~~more~~ windows without paying any additional duty. This is a privilege of which those who regard health will be glad to avail themselves.

58. When the mason's dirty rubbish is cleared away, the next thing is, thoroughly to white-wash all the rooms and ceilings—then any little painting that may be required—and last of all, to mend any glass windows that may have been broken.

59. Now begin the good woman's operations. She knows, too well to need my instructions, how to proceed. And she who has taken such pleasure and pride in doing things as they ought to be done, in her master's house, will not, I am certain, be satisfied with her own cottage, till the windows are as clear as crystal—the grates black and shining as jet—and the floors as white as a curd. But, for the benefit of any who may not have been used to very good habits, or, perhaps, whose work has been chiefly of a different kind, shall I just venture to say,—that if to the best black lead is added an equal quantity of lamp-black, the cost will be materially lessened, and the grates appear much blacker—that, if mixed with a little small beer, (not sour,) they will look much brighter, and keep longer free from rust, than when the blacking is wetted with milk or water—that, in cleaning the windows, the chief thing is to rub them lightly, with a soft cloth, thoroughly dry—and that, in scouring the boards, a little mason's dust an-

swets just as well as soap, and is a vast deal cheaper? or the following is still better, three parts of common sand, and one part of lime: of course, the boards must be well rinsed afterwards, and wiped with a dry coarse cloth.

CHAPTER V.

OF FURNISHING THE COTTAGE.

60. AND now for the furniture. Let it be substantial and plain. After working hard, and denying yourselves, to save the money, you would hardly like to spend it upon showy gimcracks. Bedding is the first essential—with this you can hardly be too well stored. Those who have money in hand, and time to look out, may sometimes meet with a good article cheap at a sale—but this requires considerable judgment and caution. I have heard of some young women, who carefully saved and dried all the feathers of poultry they picked while in service, and got enough to make them a bed, bolster, and pillows. Little hoards of almost any kind may now be brought into use; and a great pleasure there is in finding oneself possessed of useful comforts, owing to preserving those little things which a careless person would have thrown away. I know a young woman who has a handsome bed-quilt, the pieces of which were purchased *entirely* with the produce of her rag bag, and joined together at odd minutes of time.

61. It is not my intention to give you a description or a catalogue of household requisites—you must cut your coat according to your cloth. If your united store in the savings' bank is but twenty pounds, you must be content without many things that fifty might have afforded. But whether you have the smaller or the larger sum to dispose of, let the large expensive articles, especially such as you hope to make in any way profitable, be *first* secured; and rather trust to futurity for two or three, or half a dozen, four or five shilling articles, than for one of a pound or two. I mean, that you had better provide yourself *now* with a good bed, (or two if you can,) a good chest of drawers, or something to answer the purpose, plenty of utensils for washing, ironing, and brewing, even though you should run short of a tea-board, a set of tea-things,

a pair of candlesticks, a warming-pan, and several other things that you might wish for.

62. I will tell you my reasons for this advice. In the first place, it is exceedingly likely that young persons who have conducted themselves so well, and are so much respected, will have several presents made them on their marriage. These presents will most likely fall among the smaller articles I have named, or similar ones: and if young Miss should present her faithful servant with a set of tea-things, and little Master with a pair of candlesticks, and so on, how fortifying it would be to have to say, 'I have two of this thing, and two of that, which I might have done without, if I had but known their intention; and the money together would just have bought such or such a thing, which we are in such great want of.' Then, again, it is very likely that, with diligence and care, you may be able, every now and then, to add one of these four or five shilling articles: but it is by no means so likely that you should be able, at any future time, to compass one of the larger—and then, above all, it is the large things of which you may expect to make some little gain—not the small ones.

63. Suppose, for instance, you furnish a second bed-room, (and unless this is done, it is very likely you may find yourselves greatly straitened and inconvenienced before a year has gone round,) you have the means of making something by letting it as long as it suits you to spare it. Some decent man may generally be found, glad of such an opportunity; (of course, you will make proper inquiry into his character, that he is a sober, regular man, and one that may be depended on;) as he goes out to work, he will be no inconvenience to you. Besides, (as the good woman observes,) it is no more trouble to cook for three, than for two; and he will pay something additional for that accommodation: and there is his washing and mending; something is to be got by these; and while her hands are free, she might as well do it as let it alone. Now if this brought in but three shillings a week, the second bed would have paid itself in the course of a year; and, if devoted to that purpose, would have enabled you to add almost as many as you could desire, of those second sort of comforts and deficiencies, which I am, by no means against your possessing; but which, if you had spent twenty pounds upon them at first, would never have brought you in twenty shillings.

64. I have already hinted at brewing at home. Since this book was first published a great many people have left off the use of beer, and find themselves quite as well and as strong

without it. If this is your plan, so much the better, you will be all the richer for it, and free from what might prove a share; but if you drink beer, I hope you will brew at home, and begin to do it from the first, because I am quite sure (and I don't doubt of convincing you of it by and by) that if you fetch your beer from a public house *only one year*, in that year you will have paid at the public house as much as would have bought malt and hops for better beer brewed at home, and a good set of brewing tackle into the bargain. The copper we have settled will cost about two pounds, you may set that to the score of the brewing if you please, but it will answer also for washing, and for the general comfort of the cottage besides—and, independently of this, three pounds will completely set you up with tubs, casks, and other requisites—all this you will find calculated in a future paragraph.—A few shillings, perhaps a pound, may be saved, if two cottagers, who live near each other, and are both of kind, accommodating dispositions, choose to unite in the purchase of the larger tubs; but as this kind of agreement sometimes leads to disagreements, it is perhaps better, if you can manage it, to have them entirely your own at first.

65. A few hints as to the nature of furniture shall close this chapter. In household goods, I certainly approve 'the warm, the strong, and the durable,' as much as any one can do, and yet I cannot go all the lengths of some writers in crying down every 'bit of miserable deal board,' and preferring pewter or wood for plates, dishes, mugs, and such like. There is nothing so cheap or so pleasant to eat and drink out of as crockery, nothing so easily kept clean, and with care (the very habit of which is an advantage, both to parents and children) they will serve for many years. No wood does so well as deal for an ironing board, the heat draws out a stain from every other kind. Oak tables are very durable to be sure, but they are heavy and expensive. If you have 'inherited them from your great grandfather,' it is all very well; but if you have to buy, I think a good substantial deal table (not a flimsy sale made thing) answers every purpose, is much lighter and pleasanter, and with care will serve your children after you.

66. I do not prefer deal for drawers—perhaps you may meet with a good chest, second-hand, of oak, walnut tree, or even mahogany, which, not being of a modern make, will sell as cheap or cheaper than you could buy deal ones for. In this case, be particular in pulling out every drawer, and looking at the backs, to see that they are not worm-eaten—

observe also that there is no close, unpleasant smell about them; this proceeds from bugs, a filthy insect with which furniture in London and other close places is often infested, but which is scarcely known in a cleanly, airy country house. This observation holds good with respect to any second-hand furniture, especially bedsteads.

67. If you have curtains to your bed, and buy them new, the best (and cheapest in the end) are linen check harrateens. They keep clean a long time, wash well, and do not harbour vermin, which woollen hangings are very apt to do. Printed cottons for bed furniture are cheap enough now, but they are very thin and flimsy, and do not wash so well as what I have recommended—something considerable is gained also in the width, harrateen being at least one-eighth of a yard wider than the yard-wide prints.—A very excellent one may be bought for one shilling per yard, something less by the piece. If with a mixture of cotton or woollen, for eightpence or ninepence, but these do not wear or wash half as well.

68. Calico is much used now for sheets, as well as for body linen. It comes cheap at first, to be sure, but that is its only recommendation. 'No,' say some, 'it is so warm.' Just at first it may be, but not half so wholesome as linen. After having been slept in, it retains a dampness, which, on using it again, strikes a chill over the frame—and when calico has lost its first thick woolly feel, and become a little threadbare, which it very soon does, it does not give any warmth at all. The best kind of sheets is homespun, unbleached. They will become white enough in time, but, for my part, I like them better while they retain their brownness. I have some capital good ones, that have been in constant use thirty years; they cost eighteen shillings a pair at first; the same may be bought for less money now. I might perhaps have bought calico for six or seven shillings a pair, but they would have been worn out six times over in that length of time, and new ones to be made: besides, the calico washes so yellow, and looks shabby and beggarly. I would not change my brown sheets for new calico ones now.

69. Even hessens wrapping makes very decent sheets, far preferable to calico, and may often be bought cheap. A managing young woman, when she goes to the shop for these articles, will take care to look about her, and see if there be any remnants by which she can make an advantage. Saving sixpence or a shilling by having a join, which a good needle-woman can do in half an hour, is not to be despised; or get-

ting a bit of stuff in—it will be sure to come in use for a knee cloth, or a house cloth, or something of that kind. You should ask the shopkeeper also to give you some thread or cotton to make up your sheets. The person who does not look after these little advantages of course does not obtain them. But this is an expensive time, this furnishing house; it sharpens one's wits, and brings to mind the old proverb, 'A penny saved is a penny got.'

70. As to the down-stairs furniture—Chairs of yew or oak are very durable, and, if kept bright, look always good and handsome: this must be as you can afford. Chairs with rush bottoms are always wearing out. I don't at all recommend these. A good beechen chair nicely scoured always looks well and lasts long; but even the common cottage chairs, with ash frames and wicker seats, do vastly well, and come cheaper than any thing. There is no occasion to have a great number of chairs—you do not want a house full of company; and when the young ones come on, a bench is the best thing for them to sit on; but it is time enough to think about that a few years hence.

71. A good copper tea-kettle is the most durable (this is an article I don't know how to persuade you to do without, though some writers cry out bitterly against it). The round shape will be two or three shillings cheaper than the oval, and bears mending better. It is not quite so fashionable, but that you have too much good sense to mind. The beauty of a copper kettle is in its durability and brightness, not its shape; and the two or three shillings saved will buy you a handy little saucepan, or gridiron, or frying-pan: these two last articles, no matter how seldom they are used, yet most people like to have such things in their house.

72. You should have two strong iron pots, of different sizes; one or other of which, I hope, will be in frequent use. I would wish a working man to have a bit of something hot most days. One pot might do, but not so well, for this reason; you cannot boil any thing large in a small pot; and though you might boil what is small in a large one, there would, by so doing, be more firing and time taken up than is necessary. For any very nice, particular purpose, such as boiling milk, starch, or gruel, there is nothing answers better than bell-metal or brass, which also lasts long.

73. A Nottingham-ware pot, with a lid to hold a gallon or two, is very useful; especially if you have an oven: it does well to make a stew or soup, on which I shall give you a hint presently.

74. Your bucket, (or pail,) if well painted inside and out, will last much the longer.

75. For washing dishes, I would advise you to buy at the fishmonger's two salmon-kits, which you may have for sevenpence or eightpence each: an iron hoop or two added to each will bring them to about one shilling. Let one be kept for washing your dishes, and the other for rinsing them; they will serve for years, and prevent both greasing a bucket, or other vessel that you use for clean purposes, and breaking your plates by doing them in an earthen pan. I need not tell a tidy woman that these must be scrubbed well every time after using.

76. Brooms and brushes are very expensive, yet they cannot well be done without. I would advise you to buy at first a set of such as are really good, and then make much of them, keeping them in a clean dry place, and saving them as much as possible by the following or other like contrivances: a good wisp of hay or straw will serve many purposes for which a scrubbing brush is used; so will a bunch of heath. When you take a walk in the summer, it is no trouble to bring home a few handfuls, which, when they have slowly dried, you can bind up in small bundles, either with the bark of willow, or with a bit of waxed packthread, (like what the shoemakers use,) and you will find them continually useful. A very good and durable mop may be made with the cuttings, which are sold cheap, by blanket or carpet manufacturers. A good wisp of straw laid at the door will invite those who come into the house to wipe their feet, and save the good woman needless labour and vexation; or it is very easy to learn how to weave rushes, and it would be quite an amusement for the evening, to keep the door supplied with mats: a piece of matting, too, just by the fire-place would be comfortable. A scraper at each door might be furnished at no expense, and very little trouble; a bit of iron hoop lodged into two strong sticks, split a little way down, and fixed into the ground, answers every purpose. Who would be without such cheap contrivances, and see the cottage dirty, the wife disheartened and vexed, and at last, perhaps, the husband too, thrown out of temper, and driven to the public house, when all might have been prevented at so little cost and trouble?

77. And let me close by observing, that a cottage surrounded with these little decent, thrifty contrivances commands among the more thinking neighbours, in all classes of society, a respect for its inhabitants, who so evidently respect themselves. A dirty, slatternly gossip will feel herself excluded from visiting such a cottage; its inhabitants are a race

above her; and those of a higher class will feel themselves invited to support such neighbours by their countenance and employment, and to offer them every neighbourly assistance in case of sickness or calamity.

CHAPTER VI.

OF INCOME AND EXPENDITURE.

78. Our young friends have now, we suppose, taken and furnished their cottage, and set up housekeeping. Now here is rent to be paid, and food, and fuel, and many other wants to be provided for; and a young family to be looked forward to: and how are all these expenses to be met? Why, according to the proverb, 'Industry must make a purse, and frugality find strings for it.' Those who begin life with a desire and determination, as far as in them lies, at least to keep upon even ground, and if possible to better their condition in life, have three things to attend to: 1. To earn as much as they can.—2. To spend as little as they can.—3. To make themselves as comfortable as they can with that little.

79. There are three qualities then to be called into constant exercise—industry, frugality, and good management. So now you perceive the necessity (pointed out in the beginning of this book) of being early formed to those habits. It is not to be expected that those who have been all their young days idle, extravagant, and heedless, should jump at once into contrary habits. Marriage will not produce these habits, though it will strikingly display the want of them. Without them, it is quite impossible that persons among the labouring classes of society should be happy in the married life. Industry comes first; we will point out to the industrious cottager a few schemes which may be resorted to for bettering his income.

80. We suppose the man to be in constant employ as a labourer or journeyman. If the latter, a thrifty man, through the summer half of the year, makes seven days to the week, (not by working on the sabbath, there is no occasion for this: he ought to have one day of rest, set aside any thing of a higher nature, which will all come in its place; but) by

working an hour earlier in the morning, and an hour later in the evening—from five till seven, instead of from six till six. Any healthy man may do this, and have plenty of time for rest besides.

81. If he is a good workman, he will often get a little job to do at home. An active, ingenious man will also have in hand some useful article or other for domestic convenience, in the way of making or repairing. This is to be done at a time when he has not an opportunity of direct earning; and then, if what he does lightens his wife's labour, so that she is enabled to earn the more, or furnishes the family with some needful comfort, for which money must have gone out of the house, it is fairly to be set down as so much gained. I know a young man, not a carpenter by trade, but of an ingenious turn, who in his leisure hours made a very pretty little bedstead for his child; and a woman in the habit of washing at my house, if she saw a hinge or a handle off of almost any article, would say, 'I'll take that home, and get my husband to put it together, he is a very handy man.' This was not done to be paid for—but they never lost any thing by it: besides, the habit is so good of not enduring to see any thing go to ruin for want of a stitch, that persons who possess it save themselves pounds and pounds in course of time.

82. The workman or labourer who contrives in his leisure hours to cultivate his bit of garden—who builds a shed for fuel, a pig-sty, a hen-roost, or rabbit-hutch, and attends to these animals, which are all sources of profit, or who brings home a burden of wood, or turf, or furze from the common, must reckon that he earns what those things would have cost, and with this additional advantage, that he earns them when it suits him to spare the time; but if he had them to pay for, it must be done whether it suited him or not, or the family be distressed for want of it. I take it for granted that they are honestly obtained: it is an established maxim, that 'Honesty is the best policy.' I am speaking now of labourers of good character, and only wish to show the resource which industry opens, but which indolence overlooks.

83. Now what can the woman do to help out their income? Oh a hundred things, if she has but a good portion of docility or gumption; that is, if she has got the use of her wits, and the use of her hands. I have already hinted at her taking in a little washing, in par. 35, 39, 51, 55, and supposed her to be furnished with conveniences for that purpose. If she had lived long in her place, and had been in the habit of getting up her master's shirts and mistress's caps, and the young ladies' white dresses,

it is ten to one if they get them done to their liking elsewhere, and they will very likely be sent to her to do; or at any rate her mistress, to whom she has given satisfaction, will readily recommend her to any friends she may have who put out their washing. A thoroughly good hand may almost always get employ; and that kind of washing, which is mostly put out is that which pays the best. A managing woman who takes it in to do will at least make it pay for all the soap, fuel, &c., as well as for her own labour, and thus she gets her own family washing free. She must have used as much firing, and nearly as much soap, if she had only done her own.

84. Needle-work is reckoned a very dead penny. I do suppose it is—but it is at any rate better than being idle, and it should be remembered that it does not wear out or dirt the clothes like more laborious work.

85. Lace-making I do call a dead penny indeed; the poor women who *live* by it look like walking spectres. I have been assured by a family who were all brought up to lace-making, that the whole of their diet consisted of potatoes and tea—that they never rose from their pillow even to take a meal—but that the first thing in the morning their mother put on the tea-kettle and the 'tatoe-pot, and brought them some whenever they were 'a hungered,' filling up the tea-pot as often as it became empty, throughout the day; and that by this close and ruinous application they earned barely enough for this wretched supply of food, and just a Sunday's gown once in two years or so. The appearance and wardrobe of that family, and of lace-makers in general, confirm the statement. No wonder they are a miserable, pale-faced, puny set; the prey of hysterics, vapours, and spasms—quite helpless and notionless in common things, and utterly unfit to bear, rear, or manage a family. I do not, of course, recommend lace-making to eke out the income of the cottager's wife.

86. Of knitting I think very differently. It is work that may be taken up and laid down in a moment. A set of needles may be bought for a penny, and a ball of worsted for another. It may be done at any light, or with a child in the arms; and when you are tired of stirring work, knitting serves very well for a rest. In summer time, you can take a walk in your garden, and knit as you go—and a pair of knit stockings, when they are done, (at little odds and ends of time,) are worth at least three pair of the best wove ones that you can buy. A thrifty cottager's wife has no stockings for her husband or herself but what she knits, at least until she has

children old enough to do them for her. A good knitter, too, may generally get employment if she chooses to take it in. And if the scraps of time so employed add but sixpence to her weekly income, it is not to be despised. She may sit and blow the fire long enough before she finds sixpence in the ashes, or loiter over her hatch long enough before she sees one roll down the street.

87. Binding of shoes is generally performed by women, and one who acquires the habit of doing it neatly, and expeditiously, may generally get good employment at the best shops.

88. If a young wife has an opportunity of going out for a day's work, in a respectable family, I think it is pity she should neglect it, or fancy herself above it. She is well fed through the day, has her shilling or fifteen pence clear to bring home at night, and often a supper for herself and her husband; besides, there is an advantage in keeping up a connexion with such families—you have a friend in case of sickness or difficulty.

89. In case the good woman should adopt this mode of employment, I would caution her to be careful that it interferes as little as possible with the husband's comforts. If he comes in day after day to a cold, littered house, and finds only bread and cheese for dinner, perhaps has even to go and buy that, he will soon become dissatisfied, and even the gains produced in the evening will scarcely set him to rights. A little management will prevent all this. In the first place, let it be remembered the day before, and a bit of bacon boiled—or some other provision made; then, instead of the house being in a litter because the mistress is not at home, let her be doubly careful to leave everything in order, every thing in its place, that the good man may lay his hand upon it easily. In winter time, when it would be miserable for him to dine without a fire, let the fire be banked up, either with small coals or cinders, or with turves, which will smother on for hours, and soon draw up on being stirred. It is one advantage of the grates I recommended, that a slow fire may be kept for many hours, and made to draw up just when you please. If you think it safer or more economical, you can leave the fire laid, but not lighted, and put the tinder box and matches close at hand, that the good man, when he comes in, may strike and light it without difficulty—when you have children old enough to be left at home, let it be one of their first lessons to do their utmost for their father's comfort, especially in your absence.

90. When your family is small, and keeps you constantly at home, you may sometimes meet with a neighbour who goes out to work, and is glad to pay sixpence a day for having her child taken care of; you perhaps will be glad to undertake it. If nursing is your work, you might as well manage three or four children as two—that is, if you are a good manager, and know how at once to keep them happy, and make them mind you; but of this more hereafter.

91. Among other sources of income, if you are a thoroughly handy needlewoman, you might often make a shilling, without much hazard, by buying a cheap little remnant of calico, print, or stuff, making it up into a frock, petticoat, pin-before, or bonnet, and exhibiting them in your window—some neighbour who is not so handy will soon be glad to buy it. I have known this to answer particularly well in country places; a handy, notable woman gets as much as she can do, and prefers it to going out and leaving her family.

92. Another way in which the woman may make her labour extremely profitable is in the management of the garden. She may easily acquire skill and experience, and, for my part, I think she can't have a prettier amusement. Now some people cry out to a cottager, that he should raise nothing but potatoes in his garden; and others say potatoes are not fit for man to eat. I differ from both. I think potatoes are very useful and agreeable food, together with something else—and if I had room I would certainly grow them—but as to planting the whole garden with them, I would not do that either; something more profitable may be done with it. I would make the best of my garden at any rate; and if I ran short of potatoes for the use of the family, I would buy a sack or two when they were cheap.

93. If you have a good aspect, there is nothing pays better in a garden than good fruit trees. I know a person who made above two guineas one year of one apricot tree. It happened to be a bad year in general; and this was almost the only tree in the neighbourhood that had a good sprinkling of fruit; but take one year with another, if it produced but half that, or even a third, it is something pretty.

94. 'But such trees are very expensive to buy at first, and there is an art in training them.' Very true; and yet if you have a good piece of wall, or the end of your house is towards the west or south, it is a pity not to improve it. I think a few shillings would be very well bestowed in buying a good grape vine and an apricot tree—(I prefer an apricot, because it is more sure of bearing than a nectarine or peach;) and as

to pruning and training them, if either yourself or your husband have the least inclination that way, you might soon learn to do it yourselves; or if you are afraid of undertaking it, it will be worth your while to employ a gardener who understands his business; half a day twice a year will train as many trees as you are likely to have that require much skill.

95. Now I will put you in a way of having always a good supply of trees for your own garden, and to dispose of besides; and that at very little hazard and no expense. If you have any out of the way little slip of garden, that will grow nothing else, that I would make a nursery of. When any of your neighbours cut their gooseberry and currant trees, observe whether they are good sorts—if they are, beg of them to give you the cuttings. You will observe to use only such as are young wood; cut off the tips, leaving them about six or eight inches in length, and set them in the ground, with the tops downward, and a little aslant—about four or six inches apart, according to what room you can afford. Cuttings will strike equally well set downward, and the thorns are not so troublesome when you come to gather the fruit. This was told me by a very clever gardener, one who raised many prize gooseberries. If the weather is dry, give them a little water now and then, and they will almost all strike. In the same manner, only not with the tops downward, you may raise laurels without any difficulty—they will require rather more room. The price of laurels, the size which yours will be after the second winter, is fourpence a plant, or £1 for a hundred. It would take very little room and very little trouble for you always to have a succession of half a hundred to dispose of every year—and (always to calculate on the least) if it brought you but five shillings, it would surely be worth having.

96. Your gooseberry and currant plants having stood one entire year, or rather more, should be moved, any time from November to March, into a more open spot; round the beds of your garden for instance—they will most likely bear the following year. You should let them bring one each to perfection, (not more,) just to satisfy yourself that it is a good sort; if otherwise, throw them away at once, and neither cumber your garden, nor injure your credit by rubbish. If you are satisfied with the fruit, and that the plants are grown to a tolerable size, the following winter they will be fit for the market; and you can warrant them to have borne, and to have borne good fruit. I have often wondered that there is always a ready sale for such things, but so it is; I suppose persons are too indolent or too thoughtless to provide for themselves,

though they might do it at so little trouble—well, it makes trade for those who do think.

97. You will perhaps have some gooseberry and currant trees remain in your own garden for supplying the market with fruit. The only way to keep prime fruit is, never to have old trees, but plant a young one near every one that begins to look great and overgrown, and after gathering the fruit, pull the old one up, and let the other come forward.

98. To have a supply of fine apples, pears, and plums, the best way is to raise some stocks from the seeds of fine large fruit, and when they are of a proper size, graft them with the best sorts; the process of grafting will be described hereafter. Many cottagers reckon upon their apples to pay their rent; and if you are clever, and successful in grafting, young trees of a good sort will sell at from eighteen pence to five shillings each.

99. A flower bed well attended to is not only pleasant, but profitable. What can be pleasanter than to see yourself surrounded with beauty and fragrance of your own rearing? If there were nothing to be got by it, is it not worth a little labour to have the view from your cottage window ornamented with roses, honey-suckles, stocks, and mignonette, instead of seeing a slough, or a heap of rubbish, of a plantation of thistles and stinging nettles? But let me tell you there is a great deal to be got by it. If you live near a market-town, and have a turn for gardening, or choose to take one, I don't know a better thing for a woman to turn her hand to. If proper pains be taken with a flower bed, (and I know of nothing that yields profit without taking pains, except it be money in the funds, and the likely way to have that is by taking pains with little things that produce it,) a flower bed well managed, besides supplying your bees, which under such favourable circumstances you will of course keep, will furnish you more than half the year with four or six handsome nose-gays a week, which may be sold for a penny, three halfpence, or two pence each. Suppose they bring you in but threepence a week all the year round—thirteen shillings—why it will buy your husband a hat, or one of the children a warm coat; or if no such thing be wanted, put it in the savings' bank, and it will tell up to something in course of years.

100. But this is not all; you will save some seeds of your annuals (those plants which are raised from seed, flower, seed, and decay within the year—such as sweet peas, larkspurs, &c.) more than you want to stock your own garden for next year. These you will carefully separate and mark, keeping them from frost and rain in winter, and then in March,

when people begin to think of flower seeds, do them up in little penny or two-penny packets, and display them for sale. If you sell but two or three shillings' worth, they will buy what lazy, shiftless people are often distressed for. Your perennials, too, will grow thick, and want parting. Perennials are such plants as come up year after year from the same roots—mint, balm, lilics of the valley, Michaelmas daisies, lychmes, and many others. Instead of throwing away what you have to spare, take them up neatly, with a ball of earth, to look as if they were worth something, and give them their chance in the market. Bulbous roots, also, multiply very rapidly. As an instance of this, my own stock of tulips, which at first consisted of about two dozen roots, in the course of seven or eight years multiplied to eight hundred. The commonest tulip bulbs, of a good size, sell for one penny each—how easily a trifle may be made in this way! If any of my remarks should lead my readers not to despise trifles, one great object will be gained. If your situation is sunny, you may raise a few pots of early mignonette, and when they are just ready to flower, sell them for fourpence or sixpence a pot.

101. If you have the thriftiness to manage trees and flowers, I am not afraid of your neglecting vegetables; all your spare ground I know will be made the best of. In a sheltered situation you will have some fine lettuces to stand the winter, and cabbages to cut early, when the gentlefolks give sixpence or eightpence a dressing for them; and you will have plenty for yourselves when they are equally good and wholesome, but less costly; and there will be onion beds and carrot beds, parsnips by all means if you like them, they are a very wholesome and nourishing vegetable; and, perhaps, if you have room, and time to attend to them, and manure to supply them with, asparagus and cucumber beds too; some poor people make them very profitable. You will also have a good stock of parsley, mint, thyme, marjoram, balm, sage, &c., handy for use, handy for sale, and handy to dry for the winter. Peas, beans, and kidney-beans must depend upon the size of your garden. If you can have them, I see no reason at all why you should not—bread and bacon may be very good food *without* vegetables, (and I wish every cottager had plenty of it,) but I think it much better *with*, more pleasant to the palate, and more wholesome too. The produce of your garden will also be valuable if it helps you to keep a cow, pigs, or rabbits.

102. But now, what cottager's wife in the world is able to

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manage such a garden as this? Why, in the first place, it is not necessary to have *every thing* that I have mentioned—some may have one part, and some another, as their room, time, and circumstances suit; and next, I know one cottager's wife in particular, not three miles from the spot where I am writing, who has managed a garden entirely herself; digging, planting, weeding: in that of course she lets her children help; a woman who had children and did not make them work would be a simpleton indeed. She grafts and prunes her trees herself, manages her flowers, and attends the market twice a week with just such cargoes as I have described. Well, and has she ever found it answer? Why, so well as this, that besides breeding up a family as creditably as any in the parish, she has saved money enough to purchase half an acre of ground adjoining, and has thrown it into her garden. There is a saying, and it is a favourite one of mine, 'Whatever man has done, man may do;' and what there is to hinder any other woman from doing what this woman has done I know not. At any rate, if she will try her uttermost, though I can't positively promise her half an acre of freehold land, bought with the labour of her own hands, I will venture to predict that she will find herself well rewarded in the comforts of her cottage, the creditable appearance of her children, and the contented approbation of her husband.

• 103. I have now done with the garden for the present, but have yet several other ways to point out in which the good woman may do her part towards the maintenance of her family. As to field-work, I don't know what to say about it. In a general way, I rather think if she can be profitably employed at home, it is more to the real advantage of the family. I have known some women who could earn a great deal of money at reaping, hay-making, or bean-setting, and who depended greatly on those times. It rests in a great measure with the taste and the judgment of persons themselves. Those who can turn their hand to *any thing*, have only to consider what is most profitable and least objectionable. If a woman has a family of children, whom she sends to glean, I should advise her by all means to go with them, herself and three children will glean more than six children without her—her presence keeps them steady and diligent; it also prevents quarrelling among themselves, and falling into company that she would not approve: besides, gleashing lasts but a few days, and comes but once a year; so if it is worth any attention, it is worth making the best that can be made of it—and I know some women reckon upon their gleashing (or leasing) to find the

family in shoe leather; if that can be done, it is not a thing to be neglected.

104. Then turnip-greens, and cowslips, and elder-bories may be gathered for salt. I don't say that a fortune is to be made by these things, but they are all sources of income to the industrious cottager; and if no better sources present themselves at the time, they are well worth attending to. Children may be made useful in these ways; and perhaps it answers better for a mother who has two or three children to employ, to accompany and assist them, than it does for a woman who has no family to go to it herself. It is a most important thing to impress upon the minds of children, as soon as ever they are capable of receiving it, that they are bound to do *something* towards the support of the family; and that it is a great pleasure and honour so to do; a little of mother's time is well spent in forming and training this habit.

105. Milk is so truly valuable an article in a poor man's family, that it is much to be desired for them to accomplish the keeping of a cow or two—two, I believe, will be found to answer better than one. The dairy is conducted with no more trouble, and it may be so managed that they shall not both be dry together. People sometimes fancy that a thing *cannot* be done, which in reality might; but having once got the notion, they sit themselves down contentedly without making the attempt. This is the case with keeping a cow. Those who know far more about the matter than I do, say that she may be kept principally upon cabbages and Swedish turnips—that very little room is required, and that her produce will be nearly equal to half that of a man's labour. No one can be ignorant of the advantage of having plenty of milk where there is a family of children—and, from the great difficulty often expressed about getting milk, I should be inclined to think that it would be no bad speculation to keep two or three cows for the express purpose of selling good skim milk to the neighbours. The cream, of course, would be profitable for butter—and if a cottager's wife has established a character for cleanliness in her dairy, good weight, sweet butter, &c., her butter will always be sought in the market in preference to that of the higglers, who collect from different dairies, and of whom, if you buy one pound of good butter, you are liable to buy another altogether as bad.

106. Those who keep a cow or two will scarcely fail also to keep pigs, as any offal milk will be a very essential help in feeding them, and a fitch of bacon on the rack is a truly pleasant ornament to the cottage.

107. Nor must it be forgotten, that the manure of these animals is very valuable. You will of course contrive to make the best of it; both your cow-shed and pig-sty should be built a little aslope, and whatever runs off should be conveyed into a tank or pit formed for the purpose, and pitched with any kind of stones; into this you will sweep the cleanings of your cow-shed and pig-sty. You will also use your children carefully to collect what they can of the same kind from the road or lane, and you will add to it all the sweepings and slops of the house.

108. This may seem a trifle, but it is indeed truly valuable. Here you are furnished with what is needful to enrich your garden, and you have plenty left to exchange with some neighbouring farmer for what you want of straw for your animals—perhaps enough to get hay also, if not oats or barley-meal for feeding a few rabbits, which may be mentioned as another source of the cottager's wealth, and of amusement for his children.

109. All kinds of poultry too, if well managed, will clear something—either for eggs or flesh, or both; and if you keep cows, you have the better opportunity of keeping poultry, as curds form a very important part of their food.

110. There might probably be many other sources of gain pointed out, but the ingenious cottager who has attended to these specimens, being desirous of supporting his family respectably and independently, will be at no loss to adopt such of them as may best suit his situation; or even if they should all fail, to turn to something which may answer better.

111. The next point is to save as much as you can. Economy, or frugality, must second your industry and ingenuity. The first step towards taking care of your property, is to keep a regular account of it—to see exactly what you gain and what you spend. It is very desirable that young persons of both sexes should be taught enough to enable them to cast a simple account like this with ease. I have however known some thrifty women, who, not possessing the art of writing, had a set of marks of their own, by which they managed all their little affairs with the greatest accuracy.

112. 'But it won't make us either richer or poorer to set down what we earn, and what we spend; it will only give us vexation if we find that we have not got enough.' It will, however, answer a very important end, to be always thoroughly acquainted with the state of your affairs—absolute ruin, both in your own class of society and in those much higher, has often been the result of neglect and inattention in this respect.

It is just the same with the health of your body—a man comes home with *only* a cold—*only* a sore throat—*only* a pain in his limbs: he pays no attention to it, thinks nothing about it, does not inquire how it may be remedied, or what it may lead to; in a few days, perhaps, disease has gained such ground, that all attempts to reduce it are in vain. How aggravating to his distress, to be told (what perhaps is very true) that if this disease had been ascertained and attended to at first, it might easily have been removed! Now just in the same way, if you *know* the state of your affairs, though it may be painful to you to see it, not exactly what you could wish, yet it is the only likely way to set you about seeking for a remedy.

113. There are two evils arising from not keeping a clear account of all your affairs, both almost equally to be dreaded. The first is, you will be apt to flatter yourself that all goes on very smoothly and well, and that there is no occasion for uneasiness or exertion—the other is, that not knowing the extent of your difficulties, you may fancy them greater than they really are, and suppose any attempts to retrieve them altogether hopeless. If any difficulty exists, the only way is to face it like a man; take its full dimensions, and never despair. If it is a giant of twenty feet high, be comforted to think that it is not twenty-one; and know that if you reduce it but an inch in a day or a week, and go on regularly to do so, it will in time be destroyed. Besides, to look at things constantly, is the best way to prevent their growing to such a tremendous height, that you are afraid of looking at them at all. A prudent man, who has a clear account before him, and, on examining it at the week's end, finds that his earnings have been but twelve shillings, and his expenses thirteen, sees a short remedy before him. 'Next week,' says he, 'I must either earn fourteen shillings, or only spend eleven.' It is not so easy to say or to do this at the end of the month, still less at the end of the year.

114. By a clear account, you see not only that so much has been earned, and so much spent, but you see *how* it has been done. You look at it again and again, till it strikes you, 'there was a small portion of time that might have been turned to some account;—such a thing I omitted to do which might have put a few pence in my pocket;—on such an article a few pence might have been saved, (and must in future,) and such a one entirely done without.'

115. The next thing toward saving is, to allot your money into regular portions, and strictly adhere to it, that no article

INCOME AND EXPENDITURE.

of expenditure shall exceed its own allotment. The success of this steady plan of self-denial will well repay the sacrifice it may require. I hope that by industry and good management you may be spared any great straits; but even supposing the worst, and that you are straitened in the most necessary article of existence, would it not be better that you should have half a loaf to-day and half a loaf to-morrow, than that you should have a whole one to-day, and to-morrow none at all?

* 116. To keep your rent always comfortably under, (and what man can feel at all secure or happy if this is not done?) a weekly portion must be sacredly laid by sufficient to meet it, and on no account infringed upon. In order to make doubly sure, (which is easiest done at the outset,) when you draw out your money from the savings bank to furnish your cottage, enough should be left in to pay a quarter's, or, if possible, a half-year's rent. There let it remain as still as if it were dead, while you lay by your weekly shilling, or two shillings, (or whatever the sum may be,) against quarter-day, as though you had no other possible means of meeting the demands of your landlord. If a severe fit of illness, or other unforeseen and unavoidable circumstance, should for a few weeks render it absolutely impossible to lay by the accustomed shilling, what a comfort to your mind, what an alleviation of your distress, will it be, to know that you have a little hoard from which to supply the deficiency; and with what ardour will you devote your renewed strength to replacing a treasure which has afforded you such seasonable relief, and to which it is so desirable you should be able to look again in case of future necessity!

* 117. Something weekly should be regularly laid by, according to the size of the family, for shoes and under garments—for these of necessity will always be wearing out. When money enough is saved to purchase a pair of shoes, let them be bought (or rather made) for the person whose turn it is to be supplied, or who is likely to be next in want; it might as well lie by in the shape of shoes as in the shape of money, and you will find a great advantage in the wear, if shoes are hung up for a month to become thoroughly dry and settled before they are used. Shoes (like every thing else) should be mended in proper time. If a careless boy wears his shoes in holes, that which at first might have been mended for a groat will require two shillings or half-a-crown; or perhaps be so far gone, that it will not answer to mend at all. Shoes wear much longer, and mend better, if they are changed

every day. Use your little children, as soon as they have shoes, to cross their feet in taking them off; they will never lose the habit, and they will never tread their shoes awry. They should always be made to untie their shoes before they take them off. Shoes are quickly destroyed for want of attention to this.

118. I say nothing about outer garments; they are not things of every-day purchase. The good man, most likely, had a best suit at the time of his marriage, or not long before, intending that they should serve him for years and years to come; and his wife did not live so long in respectable service to come home and burden her husband with the cost of her wardrobe. No, she was well furnished with every thing good and suitable of its kind. She was never given to finery in her young days, and now she cares less about it than ever. It is the least of her concerns who has got a new bonnet or gown, or what the shape or colour of it is. She is not likely to want a new one, for she has plenty by her; and what she has is so truly neat and respectable, that it is never out of fashion. I should not be at all surprised, nor think at all the worse of her, if in that great box there was many a little bundle which had been laid carefully by with the thought, "This will be sure to come in use some time or other, if I should happen to have a baby."

119. A weekly provision should be made also for firing, and some other articles which ought to be laid in at a particular season of the year. Coals are generally one-fourth dearer in winter than in summer; in a severe winter a third; and sometimes even more than that. It is a moderate calculation, that one-eighth is saved by purchasing a stock for the year at the most advantageous time, instead of being subject to all the variations of price throughout the year. And where is the poor man that would be willing every week, or perhaps oftener, to give one shilling for that which is worth only tenpence halfpenny? hundreds of families do this, for want of the forecast and resolution that might enable them to do otherwise. "But," it is objected, "poor people have not room to stack a year's coals." This is true enough of poor people who reside in confined parts of large towns—but cottagers who have room and outlet only want a little contrivance to do that, or almost any thing else they please to do. Besides, I have little doubt but the poor person who had got together the money to pay for fifty-two bushels; or hundreds, of coal, at the lowest price, would find a respectable coal-merchant in the neighbourhood quite willing to receive his money, and

allow him to take the coals weekly or monthly, as might be most convenient to himself.

120. In some places, gentlemen have formed themselves into associations, to purchase in the best season, and at the best price, a large quantity of coals, to be sold to the labouring classes, during the winter season, at cost price; this is a cheap and effectual method of doing good, and where it is afforded, I should by all means recommend the striving cottager to avail himself of the benefit of it. I am far from wishing to degrade him to the rank of a pauper, nor can I look upon assistance of this kind at all in that light. Enlightened and benevolent men of property feel it a real pleasure, as well as an act of good neighbourhood, thus, or in similar ways, to assist the virtuous and industrious cottager; and the cottager no more degrades himself, or injures his independence, by accepting such aid, than he would, if, toiling homewards with a heavy burden, he should accept the friendly offer of placing it in a neighbour's cart, which would pass his door otherwise empty. The same idea holds good with respect to women accepting the use of linen, furnished by societies for the purpose of assisting them during their confinement. It is no degradation to themselves, nor any imposition upon such societies, nor alienation of their funds, if women several degrees above the absolutely destitute and wretched receive such accommodations. Indeed I think it would, in general, be more satisfactory to the conductors of such institutions, to promote the comfort and respectability of the independent and provident, than merely to relieve those who *must* be provided for by the parish, and who have too long been accustomed to that resource any longer to feel it a degradation. It is the same also with respect to schools. No parent is degraded by sending his children to a free, a parochial, a British, a national, or a Sunday school, provided they be not shackled or clogged with conditions inconsistent with his conscience as a Christian, or his liberty as a man and a Briton.

121. To return to the subject of economy.—Soap and candles are articles of constant consumption in every house, rich and poor: both should be purchased towards the close of the summer—the soap, cut in squares, the size for use, and slowly dried in the sun and air; when thoroughly hardened, put away for use. And what do you suppose is the difference of consumption between soap thus stored, and that which is fetched by dribblets from the shop, a quarter or half a pound at a time; week after week, just while the water is heating? Why, *at least one piece in five.* There is the same difference in

cutting her bread, or letting it remain a day or two (before cutting—one loaf in five. Oh it grieves me when I see a cottager's little girl running home from shop with her new loaf, or morsel of soap, (so soft that you might pinch it together with your fingers,) and a single candle. I pity the parent that compels it; but I can't help thinking *something* might be done by better management. If it were only to buy three pounds of soap and candles at a time, a halfpenny a pound is saved, and if this were *once* accomplished beforehand, then it might always be kept up, getting in one stock under another.

122. When there is a stock in the house of any article, the weekly allowance should be as strictly adhered to, as if there were not another morsel to be had, otherwise the benefit will be lost by extravagance. Children, if they see plenty, must early be guarded against waste, and accustomed to see the store allotted out and reckoned into portions to serve so many weeks. If on any occasion the weekly allowance runs short, the inconvenience had better be borne than the stock infringed upon. It will afford an opportunity (if the article be soap, for instance) of impressing on them a lesson of cleanliness. Children are apt to dirt their clothes needlessly, they might as well be taught to avoid this; they are fond of making a soap lather and blowing bubbles;—a very innocent and not useless recreation, if they have a halfpenny or penny to spend upon it; but not, they should be taught, if they are to use the soap on which the family depends for cleanliness in their persons and garments. On the other hand, if the weekly stock be found to have spun out and to leave a little surplus, it ought to be made matter of congratulation;—as candles, for instance, when the days begin to lengthen.

123. Many cottagers use rushes for lights to save candles, and I have been told they answer very well. They are recommended in one of Miss Edgeworth's very useful little publications; as also in the book to which I have already alluded, Cobbett's Cottage Economy—in the latter, mixed up with some very foolish and contemptible remarks, not in the least connected with the subject. The process of preparing them will be found by referring to the index; and I should think it well worth trying the experiment; at the same time I must plead, that if the woman be employed upon any needle-work that requires neatness, she should be allowed a *good* candle to work by—it would be an ill saving that was purchased at the expense of her eyesight. It also strikes me that the cottager will find some difficulty in managing one important part of the tallow chandler's business—perfectly to free the tallow

from every mixture of salt. He cannot afford clear lard for the purpose—his grease-pot, if he has one, will most likely be filled with what settles upon the liquor in which bacon has been boiled; and if this is used for the purpose of greasing ~~the~~ I should think would be likely to splutter and be very unpleasant.

124. If a pig be kept, something must be spared out of the weekly allowance to provide him with food, for, as it has been very justly observed, 'a starved pig is a great deal worse than none at all.' I don't mean to say that his food should be purchased weekly; by no means—this would be very bad management; but that something should be put by weekly, so that his bin may be filled from the best market before it is quite empty.

125. Shall I yet add that something should be laid by weekly against a lying-in, fit of sickness, or any unforeseen time of expense? It *must* be done if the cottager would secure his independence of the parish, and see the wants of the afflicted individual comfortably supplied without infringing upon the daily supply of the family, or injuring his respectability, his peace of mind, and his rising prospects, by running in debt. I will add, in most cases, it *may* be done if the family be duly careful to improve whatever means of income may meet in their situation, and to avoid all unnecessary and useless expenditure.

126. And ~~now~~ if all these things, (and there may be others as necessary which have not occurred to my mind,)—if these are all to be provided for out of the income of every week, what will be left for eating and drinking? Why, can those things be done without? and if they cannot, how else are they to be obtained? If you cannot tell, I am sure I cannot; and I suppose what remains is the source of supply for meat and drink, and it must be your concern to make the best of it. But observe one thing, there are extra gains at certain times of the year; hay-making and harvest for labourers and their families; summer time for plasterers, painters, and gardeners, when they make, perhaps, three or four times as much as they do in the winter time. Then my meaning is to equalize the weeks all the year round; or perhaps it will come to the same thing, if those profitable seasons are made to provide for rent, clothing, and sickness, and to lay in a good stock of fuel, beer, flour, food for the pig, soap, &c., and to leave the regular earnings to furnish the supply of food. Besides, it is to be remembered, that what feeds the pig feeds the family, and what fills the beer barrels saves from the public-house. So in fact it is

not such a very great deal that the managing cottager wants to spend every week upon victuals and drink. I am for bringing him as nearly as possible to the state of the little farmers formerly, who had almost all their provisions upon their own premises, at least in the way of exchange, and scarcely needed to go to market with money for any thing.

127. But while I am pointing out to you different plans for earning and saving, I must not forget to caution you against improper ways of spending. 'What maintains one vice,' said poor Richard, truly, 'would bring up two children,—no exertion can stand against vice.' . . .

'Women and wine, game and deceit,
'Make the wealth small and the wants great.'

If you would be either rich, respectable, or happy, avoid most scrupulously the dram shop and the pawnbroker's. When I see the signs of these trades exhibited, I always fancy that they form a hand-post, on which is inscribed THE ROAD TO RUIN. 'Of all destructive practices, none bring poor families so soon to ruin, or involve them in such wretchedness, as a habit of borrowing of pawnbrokers, on pledges, except it be that of frequenting dram shops.' There is a sort of shame attached to both these trades; for the shop windows of both are blinded up, that passengers may not see those that are within.

128. I have one word more to say on the subject of saving, and that is—be content with your own lot. Mind now, I don't want to make you content in wretchedness and destitution, or to encourage tyrants in the higher classes, by teaching you to be passive slaves—no such thing. I would have you strain every nerve to better your condition; I would have you satisfied in your own mind, that no stone has been left unturned, by yourself or your family, either in the way of industry or frugality, that might gradually improve your circumstances. By such exertions I have no doubt but they will be gradually improved; and with that experience and that prospect I would have you contented and cheerful. But if you indulge yourself in hankering after every thing which you see a neighbour possess, (a neighbour, perhaps, who has no family, or a much smaller family than yours; and things which are not necessary to your being, or your well-being,) then farewell both to saving and comfort. If you aspire to be at the top of the ladder, without patiently climbing the rounds, both your safety and your happiness are in danger of a sudden downfall.

129. This reminds me to drop a hint about lotteries. Lot-

teries, raffles, and all games of chance, are a sure way to poverty and ruin. To a generous mind there is something very painful in the idea of gaining by another's loss; and unless some lost (and a great many do) none could gain, and the lottery office keeper be supported into the bargain. They tell you enough about the great prizes, which very few can gain, but you hear nothing about the numerous blanks. If once you venture a few shillings in the lottery, you will be tempted to venture more; if you gain a trifle, you will be encouraged to try again; and if you lose, you will be very likely driven, as the saying is, to throw good money after bad. Depend upon it, the peace and prosperity of many a once happy family have been entirely crushed under the lottery wheel—Even of those who have gained one of the great prizes, I could almost venture to challenge the world to show me one family, that, at twenty years' end, was really the happier for gaining a £20,000 prize. For my own part, I should reckon myself richer with twenty pounds gained by honest industry, than with twenty thousand gained by such irregular ways. The blessing of God is never seen to rest upon it; and let people call us enthusiasts or what they will for repeating it, that is a true saying of a wise man, "The blessing of the Lord maketh rich, and addeth no sorrow," Prov. x. 22. I am happy to hear that there is the less occasion for this hint about lotteries, inasmuch as our government has wisely abolished them.

130. Now we are come to speak of Good Management, or that whereby what is spent may be made to produce the greatest quantity of comfort. The first thing I shall mention under this head is that of brewing beer instead of buying it; that is, on the supposition that beer is an article of consumption in the family. I repeat, that it is very questionable whether they would not be as well or better without it altogether. But in families where beer is used, a hard-working man will expect at least his two pints a day, and his wife, especially when she suckles, will perhaps take one pint. This, to fetch from the public-house, will be ninepence a day—five shillings and three-pence a week: why, it is utterly impossible, for a labouring man to afford it. The practice in ill-managed families is, when the money comes in on a Saturday night, (or Sunday morning,) to drink beer for one day or two, while the money lasts, and water the rest of the week. Well, suppose 1s. 6d. is spent upon beer; that allows them to drink beer only two days out of the seven. But that money, spent upon malt and hops, and brewed at home, would afford them beer as strong—a great deal more wholesome—and three pints (and more than

that) for every day all the year round. I will just give you the calculation by which you will see it completely proved. One shilling and sixpence a week, you know, makes 78 shillings in the year, £3 18s. 0d. Now, (since the malt tax is taken off,) malt has been varying from six shillings a bushel to ten; scarcely ever so high as that; mostly about eight shillings; we will say eight shillings and sixpence: and the hops one shilling and threepence per pound; they are sometimes twopence; seldom more than one shilling.

Eight bushels of malt, at 8s. 6d., are £3 8 0

Eight pounds of hops, at 1s. 3d., are 10 0

£3 18 0

There you have it at once. Now eight bushels of malt will make eight kilderkins of excellent beer. There you have

18

8 kilderkins.

144 gallons.

8

3)152 pints.

384

365

19

Thus the allowance of three pints a day is provided for nineteen days over the year.

131. But nothing has been said about firing and trouble. True—but as for the trouble, suppose you brew two bushels at a time, (it is an easy day's work for any woman; I have brewed eight bushels myself, with only the help of a girl of thirteen or fourteen, and could have done it without her,) there are four days' work in a year; and would it not take any body four days to go *seven hundred and thirty* times to the public-house—rain, hail, or shine—not to suppose any chance of being hindered to gossip with the publican's wife—or, if the man happened to go, of his being enticed by jovial company to sit down and stay longer, and drink more than he came for. I say the public-house must be very near at hand, nearer than I should wish to have it, if the 730 journeys did not quite take up four days. Well, then, as to firing—if you have got a set of children, they might as well amuse themselves by bringing you in a bundle of wood or furze as by doing mischief; and that,

with a bushel of cinders, and a bushel of small coal, (for any thing will burn under a copper; you have no more business to put large coals there than you have to put your own head,) this will be about as much as you will use—you can't reckon all this to exceed a shilling.—then you will have, in return, bushels of good grains for your pig, which are worth 8d., and certainly as much yeast as will be worth the other 4d., whether you use it yourself, sell it to the neighbours, or change it at the baker's for a loaf of bread. So here you are set straight at home, with plenty of good beer for all the year round, at the same cost you would have had it for at the public-house two days in a week; besides the wholesomeness, respectability, and comfort of the thing. Mind, I take no account of copper and brewing tackle here—because I suppose you to have had the prudence to provide them before marriage. But, in case you should not, you may get them even now, by allowing yourselves, for one year, beer only two days out of the seven, the same as you would have had at the public-house. The difference of expense will furnish you with all you need of brewing tackle to serve your life, and your children after you.

132. Next comes making bread instead of buying it. This I have for several years past practised myself, and find it answer exceedingly well. I would recommend all families to practise it, and consider it a great addition to be furnished with an oven. An iron oven in a Yorkshire grate will do for a small family; but a brick oven is far preferable. It is a pity they are not more common. But bread may be baked at the baker's for a halfpenny a loaf.

133. All labourers should have plenty of good bread. Nothing can be an adequate substitute for it. Potatoes are very good as potatoes; but they are not a substitute for bread. Bread is truly called the staff of life: for some years of early childhood it is almost the only food required; and it never ceases to be the principal support of life. If plenty of good bread be afforded, almost any thing *else* may be done without. A man's trade or service is said to be that by which he gets his bread; and nothing can give us a more affecting idea of general misery and destitution, than to say of a family, 'They are actually in want of bread.' We conclude them of course to be destitute of every thing else. Too often we hear it added of their furniture, clothes, and other property, 'They have parted with every thing to get a bit of bread.'

134. The importance then is evident of having a plentiful supply of good bread; and if a man has just so much money,

and no more, to provide his family with this first of necessities, it behoves him seriously to consider how he may convert his money into the largest quantity thereof. I have seen a calculation, that when the average price of a bushel of wheat was 7s. 6d., the quatern loaf was 1s. 0½d.; but, on careful inquiry, I find that there must be some mistake in that calculation. I have inquired of several intelligent and disinterested persons, who all agree in the statement, that when the average price of wheat is 9s., (as at this moment,) the quatern loaf will not exceed 10½d. There may be some difference in different places; but it appears quite impossible that in the same market, where the average of wheat was 7s. 6d., the quatern loaf could fetch 1s. 0½d.

135. The expenses of making a bushel of wheat into bread will be as follows:—wheat, 9s., grinding, 9d., yeast and salt, 3d., heating the oven, 1s.,* in all 11s.: but from this you must deduct at least 6d.; as the offal, (bran and pollard,) of which you have 13lbs., is worth more than ½d. per lb. I have also rather overcharged, than otherwise, on the other things. Salt, now the tax is taken off, is very cheap—yeast, you have perhaps brewed yourself lately, and then you need not buy—and few cottagers spend 1s. upon heating their oven; perhaps 10s. will be about a fair calculation for the baking:—from your bushel of wheat you will get from 58 to 59lbs. of bread—that is, about thirteen loaves and a half; which would cost you at the baker's 11s. 9½d. The calculation I have above alluded to makes a saving of 4s. on a bushel of bread—mine does not quite reach 2s., not quite one-sixth;—however, that is worth saying—when bread is the chief support, it is a matter of no small consequence whether the allowance be five loaves or six. But there is a further and most important advantage—your bread is pure^d—which, if the bakers be not greatly belied, is seldom the case with what they sell; and whether you buy it or make it, you want *bredd*: you don't want potatoes, or alum, or any other messes.

136. I have spoken of white bread, as fine as what the bakers sell; but if you choose only to take away the bran, or even to use the whole just as it is ground without any sifting, you may still have a wholesome, nutritious bread, at a further saving of a loaf or two in the bushel. I have eaten very delicious bread, made of half flour and half potatoes—but whether or not there is any saving in it, I cannot say: it may

* In these parts of the country where wood is plentiful, the cost of heating a moderate sized oven does not exceed 5d. or 6d. The above calculation will suit a town, where fuel must be bought at a high price.

be worth the trial: I have been told also, that equal parts of rye, barley, and wheat, if wet with milk, make good and cheap bread.

137. Some people recommend wetting your bread with milk; I don't prefer it myself: it becomes so soon harsh and dry, and in hot weather turns sour. • But bread made of rye or barley, which are more sweet and clammy than wheat, is improved by being mixed with milk.

138. Now suppose, next, that you keep a cow, (or two,) how will you make the produce most promote the comfort of your family? By all means, in the first place, you will make and sell butter—in the next, let your own family be plentifully supplied with good skim milk; I say *good*, for those who, from over-covetousness, skim their milk till it is almost sky-blue, in the first place, impoverish their butter, and cause it to fetch only a lower price—in the next place, their milk, being stale, is neither nourishing nor wholesome—their neighbours will not buy it—and if they boil it themselves, it curdles, and the bread, rice, or whatever else was mixed with it, is also rendered unfit to eat. In some parts of the country they salt the cream, to make it keep longer—and the milk, to make it throw up more cream—perhaps in these particulars they may succeed, but they never have a bit of good butter, and the skim milk is only fit for pigs. Covetousness generally defeats its own end.

139. Your children, at any rate till they are 10 or 12 years old, will make the best possible breakfast on boiled milk, thickened with bread, flour, or oatmeal—or some prefer to eat the bread dry, or spread with lard, dripping, or treacle, and drink the milk cold. I say nothing about butter, for really I think that where children can have plenty of good sweet milk, and of nourishing home-made bread, there is no occasion for it: and a prudent cottager will not only avoid *wasting* on his children what might be spared for their real advantage; he will also consider, that, in accustoming them to luxury, he is creating for them wants which, in after-life, become real hardships, if they should not have the means of supplying them.

140. I wish the mother may be inclined to join her children in this breakfast. I have no doubt but, on a fair trial, sufficient to reconcile her to a change of habit, she would find it more agreeable and nourishing, as well as a vast deal cheaper, than tea, while she is suckling, especially, I believe it is the very best breakfast she can have. Nothing is so well calculated to supply the expense on herself, or to afford nourishment for her child. It is an utterly mistaken notion among nurses, (chiefly of the lower class,) that any advantage what-

ever arises, either to mother or child, from the use of any kind of strong drink; on the contrary, nothing can be more injurious to both. Those will be found the most healthy thriving children, and those mothers least injured by suckling, whose principal drink is milk. As to milk not agreeing with the stomach, I believe it will be found to agree, at least, as well as any change of diet, whatever; and there is one special advantage in it—that those who once become thoroughly fond of milk, are scarcely ever known to become fond of spirits, that which nothing can be more ruinous to both health and pocket.

141. How much will milk, &c., help out towards dinner! How easily is an excellent and cheap rice pudding made—nothing more is necessary than to wash a large tea-cup full of rice, put it into a deep dish, with two quarts of skim milk, and put it in the oven; if you choose to stir in a little coarse sugar, and sprinkle a little ground allspice, you may, but it is not necessary. 'Oh, but I always scald my rice, and then let it stand to get cold, and then—' 'But then there is not one bit of occasion for all this—the rice done my way is just as tender, and far more pleasant and wholesome—you have the goodness both of the rice and the milk—and who would have a morning's work to make a rice pudding, that may just as well or better be made in two minutes? No one who knows the value of time. If meat runs short, perhaps only a pound, or so for a whole family, why, if you roast or broil it, you give half to the fire—if you fry it, the goodness remains in the fat—if you boil it, in the water, unless indeed you find out a way to use water and all, of which we shall speak presently. But here is a way to have all the goodness of your meat, and make a little divide into a great many portions, so that each may have a share—grease a deep dish, cut your meat into little pieces, scatter a little pepper and salt, lay them in the dish, and pour over a good stiff batter; a little suet or lard, if you have it, will make it light, and an egg or two if you can afford them: but I am supposing rather a short commons day—and if there is nothing but skim milk and flour, well beat up, and baked over the meat, it will make an excellent dish.

142. With the remainder of your milk, you will most likely have a neighbour or two to supply; and any that will not keep you have a ready use for in your poultry yard and pig-stough. Some people, I know, will not sell any milk, but say it answers better to give it all to the pigs: perhaps it may; but we should not be unneighbourly, and all for ourselves. If we kept no cow, and had a family of children, we should

think it hard if a neighbour refused to sell at a quart at the regular price, and preferred giving it to pigs, which might be fed upon other things.

143. I have supposed you to keep a pig. Much good management and economy will be requisite, to prevent waste and prolong plenty, when you are surrounded with the rich produce of pig-killing time. I am inclined to think that it would be wise to sell some of the lean parts, such as griskin, raring, and spareribs: these parts fetch the best price, and a cottager's dairy-fed pig is sure to find a ready sale. Even in a family where a joint of meat is dressed *every* day, *all* the meat cut up from a bacon pig cannot well be used while it is fresh; and the lean parts do not do well to salt. So I think it *must* be extravagant for a cottager's family to think of consuming the whole at home. Sometimes two neighbours agree together to kill their pigs a month apart, and each takes half the offal and fresh meat, allowing for any difference there may be in weight. Whether this or any other plan is adopted for disposing of the surplus meat, there should be a plan in the disposal of what is kept at home. 'Here are so many pounds of meat—according to our usual allowance, this would serve us so many weeks—we like to live thereabouts alike all the year round—and it must be portioned out accordingly.'

144. When the hocks, feet, or cheeks are boiled, it would never enter into the head of a wasteful slattern, that the liquor was good for any thing—it would never enter the head of a careful manager to throw it away. She knows very well, that when cold there will be a cake of fat settled on the top, enough to make a good pudding; and that the liquor boiled up with a few peas and herbs will make good soup (a capital breakfast this for a hard labouring man, on a cold frosty morning). Even from the liquor in which bacon has been boiled very good fat may be gained, and freed from salt, by skimming it from the liquor while warm, and dropping it into a vessel of cold water—the salt will go to the bottom, and the fat remain at the top. Or it is better still, after it has become cold, to boil the fat in a little fresh water. Even the brine that runs off from salting the bacon is useful. A spoonful or two of it put into the saucepan with potatoes causes them to boil light and floury: this is particularly useful during the latter part of the winter and spring, when potatoes are old and indifferent, and other vegetables scarce.

145. In occasionally buying butcher's meat, the good wife does much by management. She goes with her money in her hand, and therefore she can go where she pleases, and get

well served. She generally contrives to go at the close of the market-day, when a joint may often be got for a halfpenny or a penny a pound less, especially if it be a little discoloured; which if she wants it to dress immediately, is not of the smallest consequence. While desirous of having what is wholesome and nourishing, she is less anxious to get what is esteemed a delicacy, than what is really profitable in a family. She is careful also to dress it in such a way as will make it go furthest; and when the meat is used, and the bones picked, even then they are to be boiled down for soup or broth of some kind.

146. But, it may be said, 'What is the use of talking about butcher's meat to a cottager? It is very seldom within his reach; he is obliged to be contented with bread and cheese.' I must beg to reply, that if he can afford bread and cheese, I am well persuaded he can afford meat—for it is at any rate cheaper, and certainly much more nourishing. Many a time have I seen a little girl belonging to a numerous family of the sort that are always poor, and concerning whom I have heard, times without number, that 'they don't taste a bit of meat from one week's end to another,'—just as the father came home to dinner, the child would be running to the chandler's shop for a quartern loaf, (new of course,) and a quartern of cheese; which would have disappeared long before the cravings of hunger round the board were satisfied. This miserable meal would have cost from eleven pence to thirteen pence.—Poor things! if they had no more to spend, it was indeed a scanty allowance; but might not good management have contrived a better meal? I think it might. Such a pudding as that I spoke of in paragraph 141, would not have cost above half the money, would not have required more than half the bread, and would certainly have been more nourishing. Or two pounds of coarse beef, (neck or shin, which may be had for threepence per pound,) stewed a long time in a gallon of water, until the meat was thoroughly tender, and the liquor rich, then thickened with a little oatmeal, or potatoes, and relished with an onion or two, or any other herb that might be at hand, (both of which would not cost more than twopence,) would make a savoury and satisfying dish, and leave five-pence for bread—more than would be required.

147. I merely give these as examples. On the whole, I am well persuaded, that poor people greatly err when they live upon bread and cheese as a saving: such it by no means is; even setting aside the consideration of its affording so little real nourishment. I have no doubt, that if the good warm

stew could be bought ready made at the chandler's shop for the same money as the bread and cheese, it would be greatly preferred to it; but then the *trouble* (the *faish*, as the Scotch call it).—But if not, the manager of a cottage-family almost worthy of the ducking stool, who has too much laziness, and too little thrift, to take this trouble, and would rather see her husband and children (to say nothing of herself, for she is hardly worth caring about) pallid, feeble, and half-starved? It is more charitable to hope, that it is not so often from laziness that the poor are thus fed; as from a long habit of considering bread and cheese cheaper than meat; and indeed all that can be attained and ought to be desired. If so, when a better way is pointed out, it will at least be attended to and tried. It can but be abandoned, if, upon experiment, it is found not to answer.

148. I should scarcely have thought of observing that it is exceedingly extravagant to make a dinner of bread and butter, did I not recollect a young girl, living in my service, who would eat bread and butter all day long: that is, whether she was washing up the tea-things, making the beds, or dusting the rooms, she was sure to have a slice of bread and butter near at hand; and I believe that had she been allowed to continue taking what butter she pleased, less than two pounds a week would not have sufficed her. She told me she had been used to live upon bread and butter, at home, 'for *they could not afford meat*.' I also know it to be a fact, that in the town of Manchester a family of operatives, who say they can seldom afford meat, are in the habit of consuming ten or eleven pounds of butter weekly.

149. Now what must I say about tea? I can't in conscience cry out so loudly against it as some writers have done—for, to say the truth, reader, I very much enjoy a cup of tea myself; yet I suspect there is too much truth in what is so often asserted, that it was no good day for the labouring classes, when tea took place among them of porridge or milk. 'There is no useful strength in it—it *does not contain* any thing nutritious—and, besides being *good* for nothing, it has *badness* in it—it does indeed produce want of sleep in many cases; and in all cases tends to shake and weaken the nerves.—it communicates *no* strength to the body; it does not in any degree assist in affording what labour demands; it is, moreover, very expensive—all this I can't deny. To those who labour in the open air, it is not so suitable; nor is it in general so agreeable, as to those who sit all day long in doors, doing nothing, or exerting only, or chiefly, the labour of the

head; to such it is *very* refreshing. So, it is to those who work in great heat—ironing for instance—such work makes persons very thirsty; and I think a little tea is both more wholesome and more refreshing than too much beer. But, in a general way, we must, I think, admit that tea is a luxury, and the less of it there is used in a cottager's family, the better it will be for their pockets, and certainly not the worse for their health.

150. I will just add a remark or two for the benefit of those who cannot bring themselves to the old-fashioned breakfast of bread and cheese and beer, (certainly far more suitable for a labouring man,) and porridge or gruel for the woman and children, and who yet find with regret that the money goes very fast for ounces of tea, and quarters of sugar. 1. I believe that the refreshment afforded by tea arises more from the warm diluting liquor than from the particular quality of the herb steeped in that liquor. We have all heard, within the last few years, of a set of filthy poisonous herbs put upon the public as tea, which were chosen, not from their possessing any properties similar to those of tea, but merely because the shape of their leaves resembled those of the genuine plant. Now I cannot think but what there are many British herbs just as good and pleasant as the foreign tea; and it would be well worth making the trial. As no deception is intended to be practised, the shape of the leaves is of no consequence. I have myself used the common herbs mint and balm, for months together, and found them produce every desirable effect of tea. 2. Since the duty on cocoa is taken off, it is much cheaper than tea, and at the same time wholesome and nutritious. 3. More than half the expense of tea-drinking lies in the sugar, which might just as well be done without. 'Oh, but the tea is hurtful without sugar, it is bad for the stomach and nerves.' So I have heard fifty old women say: but I don't believe it. I never in my life took sugar in my tea, and never found it at all injurious. I never used my children to take sugar, and there is not a healthier family in the kingdom; and, what is perhaps more to the point, I know several, I may say many persons, who have left off sugar since they were grown up, and find the tea much more agreeable, and more wholesome, without it. As to liking; if any person would drink their tea one month without sugar, I don't think they would easily be induced to take to it again. And it certainly is doing children a kindness to bring them up without any liking to so expensive and needless an article.

CHAPTER VII

OF COTTAGE ECONOMY

BREWING.

151. UNDER this head I propose to give somewhat particular directions for the management of various matters, all more or less connected with cottage comforts. I shall begin with brewing—and here I need make no calculations about the expense, having already done that at paragraph 130. I shall proceed, therefore, to speak of the quality of the ingredients used—the utensils required—and the process of making beer.

152. And first of the ingredients. The cottager who goes to an upright, respectable maltster, with ready money in his hand, is not likely to be put off with a bad article. However, that he may judge for himself, we will just say, that when malt is good, the shell is thin and well filled with flour, and the grain may be easily bitten asunder; if it bites hard and steely, the malt is bad. The main thing to attend to is the quantity of flour. Pale malt is quite as good as brown; the difference arises only from the different degrees of heat employed in the drying. It is always cheapest to buy the best malt; I mean malt well prepared, and made from fine plump, heavy barley. The difference to your beer, both on point of strength and keeping, will more than make good the difference in price. Hops should be of a clear, lively colour, between yellow and green, they should be free from long stalks, and not clotted together; (if they are so, it is to be concluded that they were not properly dried at first, or have been since suffered to become damp—in either case they are injured,) they should feel clammy, smell brisk and pleasant, and have much of the yellow farina or dust. Water is an important part of the story: it should be soft and clear. *Quite fresh* rain water is the best to brew with: next to that the water of a river, brook, or other running stream, spring water is generally hard, and would not draw out the goodness of the malt; and pond water stagnant, and would make the beer flat: for those reasons they are not fit for brewing.

153. Now to speak of the utensils, or, as they are commonly called, brewing tackle. First there is the *copper*, it should not hold less than twenty gallons—if it holds more, it will lighten your labour. If your copper holds twenty

gallons, and you intend to brew two bushels, you must boil it three times; but if it holds thirty gallons, you need only boil it twice. For the *mash-tub*, (which should hold at least twice as much as your copper;) the cheapest thing you can get is the largest sized cask sold at the wine merchants. You will have the two ends cut off about a foot deep; these will serve for *coolers*: to the middle you will have a new bottom put: a hole made, about two inches across, near the bottom—and don't grudge what iron hoops are necessary to make it secure and durable; to fit in this hole, you will want a common spigot and faucet, and a wicker basket, (called a *tap matst*;) to keep back the grains, when the wort runs off; a substitute for these may be made with a common stick, the size of the hole, tapered for about eight inches at the end that goes into the hole, and a bunch of birch, tied lightly at both ends, and fixed within the tub so that the stick runs into it; but as the proper articles cost all together but sixteen or eighteen pence, it seems hardly worth while to use this contrivance. You will also want an *underback*, or shallow tub, for the wort to run off into. A good-sized washing tub will answer very well for this purpose; and if you have one or two more, and a large pan or two, if quite free from grease, they all come in use as coolers.

154. I know some people will say, that the same vessels ought not to be used for brewing and washing; and where people can afford it, and have room and convenience, it may be better to have two sets: but those for whom I write must be content with moderation; it is only taking a little more pains to scrub the vessels thoroughly, and they will do vastly well for both purposes. Mine have always been so used; and I never spoiled a brewing yet.

155. A hair sieve is a very expensive article, and very soon wears out: yet a sieve you must have to strain your beer from the hops: A small round flasket, made of twigs, (just the same as is used for lichen,) will answer every purpose—last quite as long—and cost less than one quarter of the money. You will also want a *mash stirrer*. This is a stick rather larger and longer than a broomstick, with two or three smaller sticks, eight or ten inches long, put through the lower end of it, and sticking out on each side. Three or four sticks, of the size of a common broom stick, will be very useful to you in the course of your brewing—they need not cost you any thing—it is only to take care of them when they come in your way—and put them where you will find them when wanted; (for want of putting things in a certain place, much

COTTAGE ECONOMY.

time is lost, and inconvenience occasioned. On a brewing day this is especially felt: if every thing is not handy for use immediately it is wanted, you are liable to have your beer boil over and waste, or to be made an hour or two later in finishing your work.) A wooden or tin *boyl*, with a handle, will also be necessary. A *bucket*, if possible, should be kept for brewing days alone: if it must be used for other purposes, must be scrubbed with special care. A *tunbowl*, or large funnel; and two or three *casks*. If you brew two bushels at a time, to do the thing well, you should have two kilderkins and two firkins. I need not tell you that a kilderkin is a cask which holds eighteen gallons; and a firkin, one that holds nine. These, with a couple of brass cocks, and some bungs and vent pegs, (which latter it is hard if you cannot make yourselves,) will form a good set of brewing tackle.

156. Let us now proceed to the operation of making beer. For the advantage of cooling out of doors, you will, if possible, choose your time of brewing when the weather is settled; avoiding the extremes of heat and cold. In frosty weather the beer chills, and will not work kindly; and beer made in hot weather is apt to have an unpleasant taste called *foxy*, and also soon to turn sour. If the weather is not exactly as you could wish, you must meet the difficulty as well as you can by contrivance. For instance—if the weather is too warm, you must admit the more air into the place where your beer is working; if it is too cold, you must keep your beer warm by covering the vessels with sacks, &c.

157. The day before you intend to brew, all the vessels should be got out, filled with cold water, and after standing some hours to soak that you may see that they do not run out, well scrubbed, wiped out, with a clean dry cloth, and stood just in their places, ready for use the next day. The mash tub must stand upon two stools, or something to answer the same purpose. The basket, which I spoke of in paragraph 153, in shape something resembling a bottle, has something fastened to the neck: you put the basket within the tub, and slip the string through the hole; holding it tight while you fix the spigot and faucet securely in front. Then you will fill your copper, and get your firing ready at hand.

158. Next morning, if you manage cleverly, you will be at work by four o'clock: an hour in the morning is worth two at night; you move about so briskly. The first thing is to light your copper; and while that is boiling, you get some water into your spare tubs, ready for the next filling. I reckon the brewing to be the woman's work; but sometimes a kind

husband lightens her labour by fetching her two or three turns of water—a very agreeable assistance which the very kindness and thoughtfulness of it carries off all sense of weariness.

159. When the copper boils, you empty it into your mash tub, and fill it up again. Of this next copper as much should be added to the mash as will make up 40 gallons; the rest is for scalding your casks, which you put a-soak the day before. The best way of getting them clean is by putting in a handful or two of clean gravel stones, or a piece of chain, and shaking them well about; but every now and then it will be necessary also to take the heads out, and give the casks a thorough scrub inside. This is rather an expensive job; the cooper's charge 6d. a cask for doing it—but any handy man may easily learn to do it himself, and I would recommend you to do so. You will of course scrub the outsides as well.

160. I mention the casks now, because, generally, at this time you may have an opportunity of doing a little to them; but, above all things, you must keep minding the warmth of your liquor. Some people regulate this matter by a thermometer (a glass that shows the exact heat); but there are two simple rules by which hundreds of barrels of good beer have been brewed, and which will be found to answer every purpose. When the steam is gone off so that you can see your face in the water; and when you can draw your finger quickly through without scalding it; then is the proper time to put in the malt; which you will thoroughly well stir with the stick described in paragraph 155; then lay two sticks across the mash tub, and cover it up with sacks, or something that will answer the same purpose.

161. Now the person who brews has a good opportunity to take breakfast or luncheon. It may seem that this is an unnecessary direction, and that people will be sure to take care of themselves in that matter—but I have two reasons for mentioning it. First, That when people are eager at work, they are apt to neglect taking food at proper times—then they become faint, and unfitted to pursue their labour; and also find no appetite, when they do sit down to eat, after waiting too long. People of an active, persevering turn, who wish to do as much as possible for their families, should consider it a duty to take care of themselves, and husband their strength. Secondly, In the process of brewing, there are certain times when the brewer may be spared a quarter of an hour, without hindering the business. These opportunities should be taken for getting food, fetching in fuel, cleaning the casks, clearing away litter, and sweeping down the brew-

house; which a tidy brewer will do several times in the course of the day. If such opportunities are neglected, and the time is taken for these purposes when the brewer ought to be filling or emptying the copper, or letting off the wort, much inconvenience will arise, and the business will be still ahead when the family ought to be a-bed; instead of being finished, as it ought to be, by day-light.

162. When your copper boils again, having emptied the cold water with which your casks were soaked, you will half fill them with boiling water, and leave them closely bunged for half an hour or so. Meantime the copper will boil up again, (it does so very quickly when thoroughly heated,) this water you will empty into any of your spare tubs (not the underback—that will be wanted for another purpose); let that be cooling; and put into your copper as much more as is necessary to make up 30 gallons. While that is boiling, you will well shake about your casks, empty them, and set them to dry, either in the sun or in the influence of a fire.

163. It will now be nearly three hours since you mashed, (or put the malt into the water,) at which time you should let off the wort. The underback stands ready to receive it; but you will catch into a bucket the first that runs, till it becomes quite clear: this you will throw up again into the mash tub, just as you would in clearing coffee. Into the underback you may now put 2lbs. of hops: the wort running upon them, separates them thoroughly. While the wort is running your half copper of water will boil. This you will empty into your spare tubs, together with the last copper full, as mentioned in paragraph 162; taking care on every occasion of emptying your copper to have a very slow fire, and set the door open. Some people entirely put out the fire; but I think this is a loss of time; and the purpose (that of avoiding to burn the copper) is just as well answered by filling up the copper hole with small coal, cinders, or even ashes well wetted. While the door is open, this will not draw up, but when your copper is filled again, and you shut the copper door, it will burn all the fiercer for being wetted.

164. Having emptied your copper, and wiped it dry with a clean coarse cloth, you will, as quickly as possible, fill it with the wort and hops from the underback. Now put in the spigot securely, and begin to throw up into the mash tub the water from your other tubs (paragraphs 158, 162). In doing this, you will observe how high it reached in your mash tub before. If what was first run off does not fill your copper, add water this time to fill the mash tub rather higher;

but if your copper is full, then fill your mash tub only to the same height as before. This second mash you will stir in well and cover up, the same as the first. Observe, when I speak of a copper full, I don't mean brim full, and ready to run over; but so as you can stir down the hops, without danger of splashing over. The grains, you will observe, retain a considerable quantity of water; for that reason, as you are to draw a copper full off, I directed you (paragraph 159) to put three buckets more than a copper full in. This is about the usual calculation; but as the grains do not always soak up exactly the same quantity of water, in putting up your second mash, you set it to rights by filling your mash tub rather higher or lower than before, according as your first mash has yielded rather less or more than a copper full.

165. Your attention will now be divided between your copper and your coolers. In the first place, see that there is a good fire under your copper; next judge how near it is to boiling; and if you think you can safely leave it a few minutes, employ those minutes in emptying any water that may remain in your tubs, and wiping them thoroughly dry, for the purpose of coolers. Beer may be cooled in-doors or out; but the latter is far preferable when the weather will admit. Having placed your tubs in a convenient place, you will lay two sticks across one of them, and put the wicker basket (spoken of in paragraph 155) in readiness for straining off the beer; but while all this is doing, do not forget to keep an eye upon the copper; it sometimes boils up suddenly, and great waste is occasioned.

166. When your copper boils, if it is not quite full from the first wort, you may let off a bucket full, or what you want, of the second, to make up the deficiency (but this, as I said before, is much better avoided by calculating exactly in your first mash: if, however, it happens to be otherwise, this is the time to remedy it). The copper must now be kept at a brisk boil, with the lid off, for at least an hour and a half; during which time you will break the hops, and keep them down with the mash-stirrer.—Allowing half an hour for your copper to boil, and an hour and a half to keep boiling, will also allow two hours to your second mash. If beer is required for long keeping, it should boil full two hours, and rather more liquor must be allowed for waste by steam. When the time is expired, you may set open your copper door, begin emptying your copper, and at the same time set your second wort a running.

167. The copper is to be emptied into the coolers, and

filled again from the underback, returning the hops to the copper when the liquor is drained from them. While the copper is heating you may employ yourself—first, in separating your beer into as many tubs and pans as you can afford; for the quicker it is cooled the better;—and next, in stooping your mash tub, and well pressing the grains, that as little as possible of the liquor may be wasted; for this purpose, nothing answers better than an old churn stick. If your copper does not yet boil, or while it is boiling without danger of boiling over, you may proceed to clear out your mash tub. The grains will be very valuable for your pig—or if you do not keep one, plenty of neighbours who do will be glad to buy them of you, and fetch them away. The little basket that fixes into the mash tub you will dip into your boiling copper, shake it out, and hang it up to dry. This is a good sign; it is the beginning of putting things away. The spigot and faucet you will fit again into the mash tub, and stand the tub on the same stools, or something of the same height, as before, where you intend your beer to work.

168. Boil the second wort quite as long as the first. By the time it is nearly ready to take up your first beer will be quite cool, and may be put together, either in your mash tub, or in your second-sized tub, while you empty your copper, straining it through the basket into the coolers as before. Throw up a bucket or two of water as quickly as possible to cool the copper, and take out the fire.

169. Now the question is—Do you intend to have a ale and small beer? If you do, your beer must be worked separately;—or, Do you intend to have it all of about equal goodness? I think this latter plan the best, and shall give you directions to proceed accordingly. If such is your intention, I would put about half the first beer into the mash tub, and half into the second-sized tub; keeping out a quart or two, which you will mix in a clean pan, basin, or bowl, with at least half a pint of good new yeast; in a little time, this works up to the top of the vessel. Then see if the beer is properly cool; which is, not as cold as water fresh drawn from the pump, but as cold as water that has stood in the house a few hours in summer time; this is the right coolness—and much beer is spoiled by working or attempting to work it warmer than this. In this state, mix your working beer with that in the smaller tub, emptying your basin or bowl, dipping it up and pouring it back for some minutes—then cover it up with sacks, and leave it.

170. As your second beer is not yet quite cool enough, you

clean out your copper hole, and scour your copper—it does as easily again while warm. If you want to begin using your beer directly, keep out a handful or two of spent hops to put in one cask, in order to clear the beer quickly. The rest of the hops may be thrown away. Scrub your straining basket, and hang it up to dry. If your casks are thoroughly dry, fit them with vent pegs and bungs, and set them in their place ready for filling.

171. Your second beer will now be cool, and your first will have risen firely—that is, it will be covered with a scum, which is yeast; you will fill your bowl once or twice with this scum, and put it into your mash tub: then pour on this your second beer, and cover both vessels up as before. Your brewing is now done for ~~to-day~~. You have only to scour your tubs, set them up to dry, swill down your brewhouse; and then sit down to rest a bit, and attend to your children.

172. What remains is to get the beer into the casks. Some people are for doing it earlier; but my rule is to let it work in the tub forty-eight hours at least; if rather longer, it does not signify—much waste of beer is thus prevented, and some trouble saved. If it happens that I brew on a Friday, I never turn my beer till the Monday following, and have always found it answer very well: you will set your casks leaning a little on one side, and place pans under to catch what beer may run off. I have supposed you (paragraph 155) to have two kilderkins and two firkins—one of the firkins I suppose you have now got in use—and that its being tapped was the signal for brewing again. You have therefore two kilderkins and a firkin to fill. In your smaller working tub, you have got half, or nearly half, of your best beer. Having first skimmed off the yeast, I should divide half into the firkin which will be last used, and half into the kilderkin; the other, which is to be used first, need not be quite so strong as those which are intended to keep. The beer that is in your largest tub you will draw off by the spigot and faucet (which is much the best way of separating it from the yeast); from this you will fill up first the two casks already spoken of, and then the kilderkin for earlier use. If you have a bucket of beer left, it will serve for filling them all up, which must be done daily for almost a fortnight; but if you have no beer over, you must tap your first kilderkin for that purpose. You will also use daily what runs into the pans, and what settles under the yeast.

173. When the head of the yeast begins to fall, lay your bungs lightly on; and in a few days hammer them in tightly, with a piece of coarse linen cloth round each, and a bag of

sand well pressed down over it. See also that the vent pegs are tight. If the beer should ferment, the pegs must be loosened a little, and afterwards fastened.

174. When your barrel wants stopping, to prevent the beer becoming thick, observe that you stop it while it is running.

175. All the utensils should be put away quite dry, as soon as done with; they are better not washed. If left with the remains of the beer sticking about them, they will continue sweet for years. When brought out for use, they will look mouldy, but this will easily wash off. When the casks are empty, do not wash them, but cork, bung, and peg them close, so that no air may get in, otherwise they will be completely spoiled, and spoil all beer that is put into them. This is the whole process of brewing. It seems to consist of a great many things; but most of those things take but a minute or two each to do. The whole may be done by an active, good-managing woman in fourteen hours:—one, the day before brewing, in getting out her tackle; twelve on the brewing day; and one on the day of putting the beer into the casks. And, as I have calculated before, (paragraph 131.) this is, after all, less trouble than going twice a day to fetch beer from the public-house, besides the comfort of knowing what you drink, and having money's worth for your money.

176. Before I quit the subject of brewing, I must tell you of a new plan, which is very much practised. It certainly answers well, if you happen to have any old beer that has become hard. In adopting this plan, you proceed just as above directed, as far as to the boiling of the beer (paragraph 163).

Whatever old beer you may have, no matter if it is ever so hard, rack it off as long as it runs clear, and put it into one or more clean dry casks, taking care not more than to half fill a cask; if only one third, or even less, be old, it is quite as well, but the old must never exceed half.

When the beer in the copper has boiled two hours, take from the copper to the half-filled casks as much of the boiling hot beer, without stirring, as may be required to fill them up; take care that a good portion of hops goes to each cask, and bung them down immediately. In about two days the bung will rise, and a little of the beer will run over; pans or dishes should be placed to catch this, which is to be daily returned to the cask, and the bung replaced. In a fortnight or less it will cease to run over. The bung may then be tightened. It may be drunk in a month, but had better remain two months or longer; it will then be as clear as wine, and as mild and pleasant as can be desired.

MAKING BREAD.

177. "If you mean to bake a bushel of flour, put it into a trough, or large clean and smooth tub; make a deep hole in the middle of the heap of flour, and put into it one pint of good fresh yeast, mixed up with a pint of milk-warm soft water; then with a spoon work into the liquid enough of the flour to make a thin batter, which, after being well stirred for a minute or two, may be sprinkled with just enough flour to hide it; then cover the trough over with a cloth till the batter has risen enough to crack the flour with which you covered it; then work the flour into the batter, sprinkle over it a half pound of salt, and pour in, as it is wanted, lukewarm milk or soft water. When the whole is sufficiently moist, knead it, which is done by working it thoroughly with your fists, rolling out, and folding it up till it is completely mixed and formed into a stiff and tough dough; then make it into a lump in the middle of the trough, and with a little dry flour thinly scattered over it cover it again, to be kept warm to ferment. If properly done, it will not have to remain in this state more than fifteen or twenty minutes, in which time the oven will be heated by means of a lively and rather strong fire, made of dry but not rotten faggot sticks, the woody parts of furze or strong brushwood, without any green about it: if larger wood is used, it must be split in sticks not more than 2½ inches thick. When both dough and oven are ready, take out the fire, sweep the oven clean, and make the dough up into loaves, which should be put into the oven as soon as possible. As you knead up the loaves, shake a little flour now and then over your board, to prevent the dough from sticking to it. When you have put the loaves into the oven, shut up the door very closely, and, if all is properly managed, quartern loaves will be baked enough in about two hours."

178. *Another way to make Bread.*—"Let flour be kept four or five weeks before it is begun to bake with. Put half a bushel of good flour into a trough, or kneading tub; mix with it between four and five quarts of warm water, and a pint and a half of good yeast, put it into the flour, and stir it well with your hands till it becomes tough. Let it rise about an hour and twenty minutes, or less, if it rises fast; then, before it falls, add four quarts more of warm water, and half a pound of salt; work it well, and cover it with a cloth. Put the fire then into the oven; and by the time it is warm enough the dough will be ready. Make the loaves about five pounds each; sweep out the oven very clean and quick, and put in the bread; shut

it up close, and two hours and a half will bake it. In summer the water should be milk-warm, in winter a little more, and in frosty weather as hot as you can well bear your hand in, but not scalding, or the whole will be spoiled. If baked in tins, the crust will be very nice.

"The oven should be round, not long; the roof from twenty to twenty-four inches high, the mouth small, and the door of iron, to shut close. This construction will save firing and time, and bake better than long and high-roofed ovens."

179. *Cheap Bread*.—Remove from the flour only the coarsest flake bran: let this bran be boiled in the water with which you intend to mix your bread; a pound and a quarter of bran to a gallon of water: strain this, and when it has come to a proper warmth proceed in making the bread as above directed. Flour thus wetted will produce one-sixth more weight of bread than if mixed with plain water. This bread is wholesome and nourishing, and if kept nine or ten days may be renewed by putting it in the oven for twenty minutes.

180. *Rice Bread*.—The proportion of this is 2lbs. of rice to 8lbs. of flour. Simmer the rice in a gallon of water till perfectly tender. Set the flour working as for common bread. It will require half a pint of stiff heavy yeast and six ounces of flour. When the rice and water in which it was boiled have come to a proper warmth, use the whole in making up the bread; knead it very thoroughly, that the rice may be thoroughly incorporated with the flour.

181. *Potatoe Bread*.—Choose mealy potatoes; boil or steam them till they will rub through a colander. While quite hot mix them with the flour, which should have been previously dried. Put salt and yeast as usual. Milk and water, or bran water, is preferred for mixing potatoe bread. The weight of potatoe may be one-third or one-half that of flour; but should not exceed the latter proportion.

CURING BACON.

182. In order to have good bacon the hair should be burnt off—not scalded—the flesh will be more solid and firm, and it will keep better. This part of the business belongs to the operation of pig-killing; however, we shall bring it in here. The hog must be kept on dry straw, or litter of some kind, all the day before, that the hair may be perfectly dry. When killed, he is to be laid upon a bed of straw, not wider than his body, and two or three inches thick; cover him thinly with straw, and set fire to one end of it, in the direction of the wind, cover him two or three times, as the straw is burnt off,

but be careful not to burn or parch the skin: when one side is done, turn him on the other. When the hair is burnt close, scrape the hog quite clean; but never touch it with water. The burning should always be done before day-light, because you can then discover more nicely whether the hair be sufficiently burnt off. After the inwards are removed, the pig is hung up till the next day, when it is cut up, and the other parts being taken away, the two sides, or flitches, are to be cured for bacon. I shall mention two ways of salting bacon—the first is that which I practise myself, and the bacon is very finely flavoured;—the last is perhaps rather less trouble, and does very well. As soon as the pig is cut up, sprinkle every part lightly with salt, especially where there appears any blood, vein, or kernel—let it lie a day, or, if the weather be cold, two days. Then strain off the brine, clean the tray or other vessel in which the meat is to be salted, and with a soft cloth carefully wipe every part that has been bloody. This is merely preparatory. Now the proper salting is to commence. For this purpose the ingredients should be previously pounded, well mixed together, and dried in an oven or before the fire, so that they may be applied hot. The quantity required for a hog is from 5lbs. to 8lbs., according to its size. This is sufficient to include the cheeks, chins, and hocks. The following are good proportions—common salt, bay salt, and coarse sugar, 2lbs. each, saltpetre 6ozs.; or 3lbs. common salt, 2lbs. bay salt, 6ozs. saltpetre, and 2lbs. treacle. Lay the mixture equally over the meat, placing the rind side downwards. Every day, or at least every other day, they are to be turned, not putting the other side upwards, but putting the top flitch at bottom, and so changing them about for five or six weeks. If it be not to rub in the salt, but as it dissolves to baste the meat with the pickle. If the weather be cold, another week or more must be allowed for the time of pickling.

The proportion used for Yorkshire hams and bacon is—common salt, 1 peck, bay salt, 5lbs., saltpetre and sal prunella, of each 2ozs. These are all pounded together, and laid over the meat as above directed. After three days, or when the salts are dissolved, the pickle is boiled in two gallons of water, with the addition of as much common salt as will make it bear the weight of an egg. This is to be skimmed and strained, and when cold poured over the meat, which it should entirely cover. A fortnight or rather more will be time enough for it to lie. It is then to be drained, and dried without smoke.

The other plan is to use only common salt. Have a hole in the salting tray or trough, by which the brine may run off. After having well sprinkled, drained, and wiped the meat from every particle of blood, cover each flitch with common salt. In three days take the cork from the hole, and let the brine run off—change the flitches, and add another layer of salt—do so again once in three days for a month or six weeks, according to the weather and the size of the pig. The brine need not be wasted. If you set a vessel under to catch it, it will be useful for boiling with potatoes. (See par. 144.) The place for salting should be cool, and very airy; if it be dark it is all the better, being more secure against fly-blows.

183. Smoking bacon is much better than merely drying it. In order to do this, rub the flitches well, on the flesh side, with brán, or fine saw-dust, (not of fir or deal,) and hang them in a chimney, out of the way of rain, and not near enough to the fire to melt. The smoke must be from wood, stubble, or litter (not fir or deal wood): if the fire is tolerably constant and good, a month's smoking will do. The flitches should hang till quite dry, but not long enough to be hard. To preserve them from hoppers, sift some clean dry ashes of wood, turf, or peat, or very dry sand; put some at the bottom of a chest or box, long enough to hold the flitches; lay in one flitch, which cover with six or eight inches of the ashes; and then another flitch in the same way;—if the ashes get damp, dry them by the fire, and replace them in the box. In this way the bacon will keep fresh and sweet, as long as ever you will want to keep it. I have heard that if bacon is white-washed ~~over~~ two or three times, it will keep equally well on a rack—but this I never tried, and therefore cannot answer for it.

184. *Pickled Pork*.—In some parts of England pickled pork is used instead of bacon. Hogs for this purpose are killed quite as large as for bacon, and all, or nearly all, the lean meat is removed for using fresh. The pickling is done in large casks with lids. These must be carefully scrubbed, scalded, and dried in the sun previously to using. The fat part is cut up in pieces of a convenient size for stacking in the barrel. Some people do the hams among the rest, others do them in a separate barrel, but in the same manner. At the bottom of the cask sprinkle a layer of salt, then a layer of pork packed close,—then sprinkle salt again, and then pork, till the cask is full. Then with an iron rammer, or lard beater, press down the meat as closely as possible. Then pour over the following pickle. To 4 gallons of water, 6lb. salt, 1lb. coarse sugar, 1lb. saltpetre, boiled and skimmed.

When cold, pour over the meat till it is perfectly covered,—leave it a day or two,—then, if the pickle has sunk, add what is necessary entirely to cover the meat and fill the cask; then keep it closely shut up. When the cask is opened for use, be careful always to keep the meat covered with brine, and the lid replaced immediately.

185. *Lard.*—This is all the inside fleat, and fat of the hog. It should be first beaten with either a wooden or iron lard beater, something resembling a cricket bat, and then nicely melted down, with a little salt, and run into bladders that have been carefully cleaned. Some people, who use it instead of butter, add a sprig of rosemary or a leaf of sage. When the lard is melted out, the skin that remains is called critters; and the children are delighted to have a pie or pudding made with it, chopped up together with a few apples or raisins—it is very well to grant them such an indulgence now and then—it is a good thing to make them contented at home, and to encourage them in giving a hand at any busy time. A little feast allowed them, now and then, with the neighbour's children, on a critten pie, or a home-made cake, is no more expense, if so much, as giving them continually a halfpenny for ginger-bread, and is far longer remembered.

COOKERY.

186. *Shitterlings.*—As soon as taken out of the pig, they must be turned inside out, cleaned, scoured, salted, scraped, and washed in many waters, till they are perfectly sweet and nice. Then, twist, them into little plaits, and, boil several hours. They may be eaten hot when first boiled, or re-warmed on a gridiron, or, in a Dutch oven.

187. *Hog Puddings.*—If you intend to make these, you must save a quart or rather more of the blood, and let it be stirred, with salt, till quite cold (if you have children, surely one of them might do this). When cold, add a quart of whole grits, and let them soak one night; soak also the crumb of a quarter loaf in two quarts of boiling milk. In the mean time prepare the guts, by washing, turning, and scraping with salt and water, and changing the water several times. Chop fine a little sage, winter savoury, or marjoram and thyme; some add a leek or two, finely shred; mix as much pepper, salt, allspice, and ginger as will season the whole. If you intend them for sale, grate in a small nutmeg. Chop up some bits of hog's fat, not nearly so fine as you would suet—yet I cannot say, as some do, in large bits. Mix well the bread, grits, fat, and seasoning, and put them into the skins; tie in

links only half filled, and boil them in a large kettle, pricking them as they swell, otherwise they will burst. When boiled, lay them between clean cloths till cold, and then hang them up. When to be used, they must be broiled or roasted. A cottager's wife, who is known to be a thoroughly nice clean woman, may be sure to find a customer for both hog puddings and chitterlings among her richer neighbours, who like such a thing if sure that it is nicely done; but seldom like the trouble of doing it at home, even if they kill their own pigs.

188. *Sausages*.—For the same reason I give this recipe—not that I expect, at such a busy time as pig-killing, and a time, too, when there is such plenty of good living without, that a thrifty cottager's wife would take the trouble of chopping sausage meat for her own family, but because nicely made sausage meat is sure to find a ready market, and fetch a good price. Chop equal parts of fat and lean pork very fine, season it with sage, pepper, and salt, and half fill hog's guts that have been made extremely clean, in the same way as directed for hog puddings. These sausages are generally broiled. They are called Epping sausages, and are mostly used about London.

189. *Oxford Sausages*.—One pound of lean pork, one pound of fat, and one pound of lean veal, all carefully cleared of skin and sinews, shred as fine as possible, or beat with the lard beater (paragraph 185); one pound of crumbs of bread, about thirty leaves of sage, shred very small; (some add also a little parsley and thyme—others, a little garlic, shallots, or leek;) mix it well together; season with pepper, salt, and nutmeg; beat separately the yolks and whites of four eggs; mix in the yolks, and as much of the whites as is necessary, just to make it thoroughly adhere (or stick together). These sausages are to be fried; each pound should be divided into eighteen equal parts, and a very small dust of flour shaken over them; they will require no fat in the pan, but must be done over a clear fire, and the pan shaken the whole time; after they are done, there will be fat enough remaining in the pan to fry a slice of two of bread, or some sliced potatoes, which are generally liked to eat with the sausages.—If this recipe should meet the eye of a nice clean cottager's wife, in a neighbourhood where there are several genteel houses, and where Oxford sausages are not sold, I would recommend her, next time she has pig meat in the house, to make some, and offer it for sale; and I am very much mistaken if she is not encouraged to continue doing so every week during the season.

In this case, to secure her against risk, I would have her send round to her customers the day before market day, and purchase no more meat than is required to make the quantity ordered.—When pig meat is sevenpence per pound, the price of sausages is tenpence or a shilling.

190. Liver and crow is generally the family dinner on pig-killing day. The crow affords fat enough to fry the liver; and, that what remains in the pan may not be wasted, have ready some potatoes, scalded and sliced, or as much stiff batter as will cover the pan, and suck up the fat.

191. *Haslet*.—The lights, melt, sweetbread, any liver and crow that may remain, and any other little trimming bits that happen in cutting up the pig, make a fine dish, seasoned with pepper and salt, and sage and onions. They may be baked in a stewpot, (described in paragraph 73,) with a quart of water, and some sliced potatoes; or covered with a piecrust, or a batter pudding, as mentioned in paragraph 141. You will have plenty of bits of fat to chop up for puddings and pies as good as the best of suet.

192. *Pease soup*.—This I have already hinted at (paragraph 141). When you boil your pig's feet, hocks, or cheeks, you have a good opportunity of making them go further, by adding some peas to the liquor; do not let them be too salt, or the liquor will not be so pleasant or wholesome. As soon as your pot boils, (*fast boils*, and not before,) throw in a quart of peas, either whole or split, but the latter are much more expensive. Peas that are old and hard may be softened by soaking them in a little soft water, and sprinkling among them a tea spoonful of soda; either the carbonate of soda or the common washing soda will do. By this method they will boil very quickly, and flouxy. An hour and a half will boil them as well as three hours would do without the soda; but mind that the liquor boils when they are put in, and continues boiling till they are quite dissolved. At the same time with the peas, or an hour afterwards, as may suit you best, add ten or twelve onions, or leeks, the same of turnips, five or six sticks of celery if you have them, a few carrots or parsnips, a handful of parsley, and a little ground pepper; if the hocks are salted, no more salt will be required. As to the vegetables mentioned, you may put in all if you please, or such of them as you have at hand, or like best. This soup will both eke out your meat, and relish it; and of itself make a good dinner for the children; especially if you boil in it a few suet or hard dumplings. Far be it from me to teach parents to feast themselves and starve their children; but children do not require

solid meat, as a hard-working man does; and where the utmost care and frugality are necessary, to enable a family to get something comfortable every day, I think it is better to have soup one day, and cold meat the next, than to have both soup and meat one day, and go without another.

193. Perhaps you have some rich neighbour at hand, who does not make use of liquor in which meat has been boiled, or of bones as they come from the table: either of these would be well worth acceptance, and might generally be had for asking. If you have never tried it, you will be astonished to find what good soup may be made from such liquor, and how much goodness may be drawn by boiling down bones; those especially of a gristly, glutinous kind—such as of a knuckle or breast of veal. Nothing vexes me more than to see good pot liquor thrown into a hog-tub, or bones half picked given to dogs, or chickens' heads and feet thrown to a danglehill, when I reflect how many poor creatures are in real want, to whom these wasted articles would have furnished an excellent meal; and I have not unfrequently seen the old proverb verified, that 'wilful waste makes woeful want.' I have known those who in time of plenty wasted such things, brought down so as to be very glad of what was made from the very same material.

194. Potatoes should not be boiled in the liquor of which soup is made; they render it unwholesome. If you choose to have potatoes with your soup, let them be boiled in another vessel.

195. *Stewed Beef*.—The coarser parts of beef may be bought very cheap, and, if well managed, will yield great nourishment—the shin or leg is much preferable to the neck—though even the neck may be made very good by slow boiling, in a small quantity of water, till it is quite tender, and adding an onion or two, a turnip, or any other vegetable you please. But to speak rather of a shin or leg,—the first thing is to take out the marrow; this is not necessary in the stew, and will make a good pudding or piecrust: the meat should then be taken from the bones, and the bones either boiled over the fire, or baked in the stewpot already spoken of, (paragraph 73,) for many hours, in a gallon, or even six quarts of water, until the water is reduced one-half, and the bones become quite white and dry: then take them out, scrape off any little bits of meat or gristle that may adhere to them, and put the meat, cut in pieces the breadth of three fingers, into the liquor;—this also will require several hours doing, either over the fire or in the oven: add half a dozen onions or leeks, and a little pepper and salt; and you will make a most excellent nourishing dish.

to serve two days—the cost of which will be about eighteen-pence.

196. A sheep's head, two or three handfuls of Scotch or pearl barley, or rice, two or three onions and turnips, and a little parsley, stewed for two hours, or two hours and a half, in three quarts or one gallon of water, makes a cheap, palatable, and nourishing dinner.

197. 'Brewis' is a very good food for children. It is nothing more than a thick top crust of bread, put into the pot where salt beef is boiling, and is nearly done; it draws the fat, becomes relishing with the flavour of meat and salt, and is nourishing to the stomach.

198. Many recipes might be given for preparing economical soups and stews, but I forbear. Those who try a few according to these directions, and find them answer, will soon get the notion of doing more, so as to make the best of their ingredients, and afford variety; and it is vain to multiply directions for those, who when they have much will consume it wastefully, and when they have little will rather grumble over it than try to make the best of it. In general, it may be remembered, that all soups and stews may be thickened with whole or split peas—whole of ground rice—Scotch or pearl barley—grits and oatmeal;—and that dumplings boiled in soup both get and give goodness.

199. *Boiled Rice*.—Three pounds of rice, boiled in a pudding bag tied so loose that it would hold five pounds, will fill the bag, and turn out five pounds of solid pudding; this may be eaten with milk, and a little coarse sugar or treacle, and allspice—or some people will stir in a piece of dripping or lard, and a little pepper and salt,—and some, a couple of red herrings, cut up fine—or an ounce of cheese: this is just as people fancy. I think the milk is best; as follows:—

200. One pound of rice, five pints of cold water; let them boil gently for two hours, when it will be like thick paste; then stir in a quart of skim milk, and either pepper and salt, or treacle, or sugar; let it boil again gently, stirring it well till it is all united—this makes a capital breakfast.

201. Two pounds of Scotch barley, or two pounds of rice, or one of each, boiled in two gallons of water, till reduced to one; add a little allspice; and sweeten with treacle or coarse sugar. This is a useful dish where saving is an object,—and if all children in the higher classes of society dined one day on this, and one day on plain-dressed meat, they would be much fatter, fairer, and freer from disease than they generally are.

202. *Milk Porridge.* To make two quarts.—One quart of water (in the brass skillet recommended in paragraph 72) let it perfectly boil: then have ready four large spoonfuls of oatmeal, gradually wetted with milk till it has taken up a quart; stir it briskly into the boiling water, and let it boil up again a few minutes till quite thickened; keep stirring it all the time; sweeten with coarse sugar or treacle. If milk is scarce, let the oatmeal be wetted with one pint of water, instead of the milk; and then stir in one pint of cold milk when it is done.

203. *Porridge of Green Peas, Onions, or Leeks.*—If you have the liquor in which meat of any kind has been boiled, use it; if not, water will do; in two quarts, boil a pint or a pint and a half, when shelled, of green peas or twelve good-sized onions or leeks; when they are quite tender, have ready four spoonfuls of oatmeal or flour, mixed as above, with a quart of milk, which stir in, and keep stirring, till it boils up and thickens; season with pepper and salt, (unless the liquor was salt,) and a little bit of butter, lard, or dripping;—this is a famous dish with the gentry. I remember a gentleman sending all over the parish to find some one who knew how to make pease porridge, and he declared he would never again hire a cook who was ignorant of it.

204. An ox cheek is a very profitable thing. It may be done various ways. I think the best way is, first to stew or bake it down for some hours, in a large quantity of water, say four gallons and a half or five gallons; then take out the cheek, and leave the liquor to cool; when cold, you may take off a pound and a half or two pounds of excellent fat, which has settled on the liquor; then do the cheek and liquor again with peas or rice, and what herbs and seasoning you choose, till the meat is quite tender, and the liquor reduced one-third, or nearly half;—this will serve a family three or four days; cold, it will cut out like a stiff jelly, or be not at all injured by rewarmed.

205. The people who boil tripe and calves' feet often sell their liquor for a mere nothing, or even give it away if asked to do so. A person who has known real want would find a bason of this far better than water; and those who are frugal, without being destitute, would find it an excellent thing to begin any kind of soup or stew with. A pint of tripe liquor, or calves' feet liquor, (with two or three onions boiled in it, if agreeable,) and cooled with milk, is as fine a drink as can be given to a person with a weak stomach, or consumption, or recovering from an illness.

206. *Of Eggs in Puddings.*—Eggs are certainly a great improvement to puddings; and those who keep poultry will perhaps occasionally use them during the plentiful season. They may be glad to know that eggs go much further if well beaten, the yolks separately from the whites; and that the eggs should be thoroughly worked into the dry flour, before any milk or water is added. Some people, in making a batter pudding, break the eggs into the flour; then pour some milk; and then beat all together—but this is a very bad way; the pudding is generally lumpy, and the eggs might almost as well be out as in. A spoonful of fresh yeast in a pudding answers the purpose of two or three eggs. So does snow I have been told, but I never tried it.

207. I have several times spoken of piecrust. If you keep rabbits, you will sometimes, I dare say, treat yourselves with a rabbit pie; it is easily made. Rub well with your hand about half a pound (or rather less will do) of lard, dripping, marrow, or suet, till it becomes like a cream; by this mode of mixing the fat with flour or dough, for either piecrust, puddings, or cakes, they are better united, a less quantity of water is used in wetting them, and when baked they eat much more soft and light. Add to the fat half a quarter of flour; wet it with cold water; knead it well, and roll it out; grease the edges of your dish; lay in a thin piece of paste all round; at the bottom some sliced potatoes, scalded; then your rabbit cut up in joints, and seasoned with pepper and salt; put half a pint or rather more of water; or, if you have it, liquor in which meat has been boiled; and lay on your top crust; it will want two hours' baking. You will also, perhaps, if you have a garden, once or twice in the season, indulge your young ones with an apple or gooseberry pie made in the same manner. It is pleasant to encourage the children if they behave well, and especially if they abstain from meddling with unripe fruit, or with such as is scarce and costly. I need not say that the fruit pie will require a little treacle or coarse sugar, instead of pepper and salt.

208. *To make Elder Wine.*—But how can a cottager afford to make wine? I don't say that all cottagers can afford it, or that it is a necessary article of cottage house-keeping; but if the more thrifty sort, who like to have things about them as comfortable as possible, and who think of things at the right time, should be able to get themselves a two or three gallon keg, and fill it every year with elder wine, I can see no harm in it. Most people, once in the year, generally about Christmas time, have a visit from their relations or neighbours; and

I don't know a better thing to set before them at that cold season than a mug of good warm elder wine. Nor is such a thing at all aquis, used in moderation, after a very hard day's work—brewing, washing, or the like; but mind, I don't recommend it when a person begins to feel the effects of having taken cold, in shivering, weariness, pain of the limbs, &c.—that will come to be spoken of by and by. A gallon of elder wine costs very little more than a pint of gin; goes much further, and is more wholesome and respectable. But then elder wine must be thought of, and spared for, when elderberries are in season. Gin, unfortunately is in season all the year round; and so it suits those who never think of a thing except just at the moment they want it, and who are least of all disposed to spare a few shillings in September for their comfort in December and January. It can at any rate do no harm my setting down how elder wine is to be made. The country cottager will of course get his berries for gathering—and a few sloes—or perhaps he has a damson tree in his garden; a few of the shabbiest damsons, which he cannot offer for sale, will greatly improve his elder wine. Well, then, if two gallons of wine are to be made, get one gallon of elderberries and a quart of damsons or sloes; boil them together in eight quarts of water for half an hour, breaking the fruit with a stick flat at one end; run off the liquor, and squeeze the pulp through a sieve or straining cloth; boil the liquor up again with six pounds of coarse sugar, two ounces of ginger, and two ounces of allspice, bruised, and one ounce of hops; (the spice had better be loosely tied in a bit of rag or muslin;) let this boil two hours; then pour it off; when quite cool, stir in a tea-cup full of yeast, and cover it up to work. After two days, skim off the yeast, and put it in the barrel, and when it ceases to hiss, which will be in about a fortnight, paste a stiff brown paper over the bung-hole. After this, it will be fit for use in about eight weeks, but will keep eight years if required. The bag of spice may be dropped in at the bung hole, having a string fastened from it to the outside, which shall keep it from reaching the bottom of the barrel. Or, if you have two or three quarts of old wine, you may rack it into your clean cask, and tun the new wine to it boiling hot, just as is directed in the new method of making beer, par. 176. Thus I have given you a winter cordial; I will now give you a summer beverage.

209. *Ginger Pop*.—Pour one gallon of boiling water over half a pound of moist sugar, two ounces of cream of tartar, and half an ounce of bruised ginger; stir it well; when cold, stir

in two table-spoonfuls of yeast, and cover it up; exactly eight hours after setting it to work, strain it off; put it into stone bottles, and tie down the corks with a string. It will be fit for use in forty-eight hours. This will cost about eightpence, and fill ten of the bottles which are usually sold at threepence or fourpence each. The stone bottles may be bought for ninepence a dozen, and the corks and string will serve many times, if properly done—that is, made to untie,—then the cork will fly out uninjured. The bottles must be soaked in cold water, and scalded; each time of using. There is no liquor more refreshing on a hot day, and it is very wholesome.

I shall have a little more to say about cooking; but as it principally relates to cookery for the sick, or for young children, it will come in better when we speak about the management of such.

WASHING.

210. I must say a few words about washing. If you only do that of your own family, it might as well be done properly as not; and those who take in washing for others cannot expect long to be employed, unless their work is well done. The utmost cleanliness and care must be observed in point of the washing utensils. The tubs should be scrubbed and wiped dry when put away, and well dusted and rinsed when taken out again for use. If you use a pan for washing, it should never be used for any greasy purpose. The line, when done with, should be taken in dry, not suffered to drag on the ground, but wound up in a skein, and hung some where out of the dust; the pegs, if you use them, should be counted when put away; both will want wiping again when brought out for use. The ironing blanket and cloth should be dried, (otherwise it will be liable to moths,) and put away free from dust. None but a complete slattern would use her red cloak for an ironing blanket.

211. Water is a most important matter; you must have good water, and plenty of it, or linen cannot be made to look well; rain water is the best, or river water; if you have not either, the water must be softened with lees of soap or wood ashes, or with pearl ash; but water so mixed will not do either for coloured things or flannel; it discharges colour, and thickens woollen things. If you have but a little rain water it should be secured for these; the suds that have washed flannels, if not too dirty, is the very best that can be used for washing coloured things the first time; the flannels must then be rinsed in clear warm soft water, and hung out immediately

without wringing; this water will do well to second the coloured things. Let the coloured things be taken immediately from one water to the other, and not suffered to lie together damp, or they will be sure to dry streaky; when properly washed, rinse them twice in plenty of spring water, and hang out immediately, without wringing. Gowns should be pinned up by the shoulders, rather than the tail, or the back-lining becomes discoloured. Stockings should be pinned up by the toe, to prevent the feet becoming thick.

212. To prevent flannels or woollen stockings from shrinking, pour over them, when new, boiling water; suffer it to remain till cold, then hang them up without wringing; and when dry, shake them well.

213. Greasy spots may be taken out of all kinds of woollen cloths, blankets, scarlet cloaks, or table baizes, without injury to the colour, by washing them with gall, instead of soap; the gall may be had at the butcher's at threepence a pint. A pint, mixed up in a good-sized tub of soft water, will be sufficient for several articles; it will lather exactly like soap. This is the process used by the scourers. The articles so washed will require to be several times rinsed in water, to remove the smell of the gall; when dry, they should be mangled, and suffered to remain in the mangle all night, after which they will appear as good as new.

214. A good washer will carefully examine the linen she has to wash, and rub in soap to such parts as most require it, as the collars and wristbands of shirts;—in this part of the operation she will be careful that the water is not too hot, otherwise it will set the dirt. Afterwards she twice well washes out all her white things in plenty of clear warm water, shaking each article out, and examining that every spot and stain is removed. She then boils them, taking care not to put too many in the copper at once.

215. A small quantity of soft soap thrown into the boil helps to give a good colour to the linen; and if well washed out of the boil, (as all linen ought to be,) and afterwards well rinsed in plenty of spring water, no unpleasant smell will be retained. The rinsing water should be made moderately blue, by means of stone blue tied up in a flannel bag, and squeezed in.

216. Such things as are to be starched will be much clearer if they are first dried; then dipped in the starch *before it is quite cold*; then dipped in cold water, and dried again; then again dipped in cold water, and spread upon a coarse dry cloth, and rolled up: by this mode, also, their sticking to the ironing cloth will be prevented.

217. The best way to make starch, is, very gradually to moisten with cold water a table-spoonful of starch; when quite smooth, stir it into a pint of boiling water, with a morsel of white wax, and let it boil gently for several minutes, stirring it all the time; when poured out, cover it over with a plate, to prevent a skin forming at top, which is both troublesome and wasteful.

218. In ironing, be careful first to rub over something of little value, lest fine things should be either scorched or smeared.

219. Those articles which have buttons or thick plaits should not be mangled;—the fringe is injured by them; besides, the buttons are broken to pieces, and the plaited articles cannot be made smooth.

220. Let every thing be thoroughly dried and aired by the fire—otherwise they will have a tumbled, half-finished appearance; besides exposing the wearer to the danger of catching cold.

221. To avoid waste at washing times, be careful—that the copper or ironing-stove fires are not suffered to go out, and require lighting again;—that the soap is not left in the tub, or even in a damp place;—that the blue-bag is squeezed, and hung up immediately on being taken out of the rinsing tub;—that large coals are not put under the copper nor the ironing-stove, when cinders or coal-dust would do;—that no more starch is made than is really wanted;—that the horse is not left bare of linen, which will afterwards render it necessary to keep a fire an hour or two later than would otherwise have been required;—that the linen, as soon as ironed and thoroughly aired, be folded up and put away;—and that all the utensils be cleaned and restored to their places as soon as done with.

222. It is a very good way, as the things pass through your hand on the ironing board, to put a pin in every article that wants a button, a string, or other repairs; and, in clearing the horse, put them apart with the stockings, that all may be neatly set to rights. It is very mortifying, when you go to put on any thing, to find it ragged, or useless, for want of those little attentions; it is what has often thrown a man out of temper, and a house into confusion. Remember the true proverbs of poor Richard, 'A stitch in time saves nine,'—and, 'A little neglect may breed a great mischief—for want of a nail the shoe was lost; for want of a shoe the horse was lost; and for want of a horse the rider was lost; being overtaken and slain by an enemy, all for want of care about a horse-shoe nail.'

• • • SUNDRIES.

223. *To White-wash a Cottage.*—"Put half a peck of lime into a tub; pour in some water by degrees, and stir it well with a stick that is broad at one end. When the lime and water are well mixed, and the thickness of mud, strain it through a sieve into another vessel, when it will settle to the bottom; skim off the little water that remains at the top, and, when you are going to use it, mix it up with cold water to the thickness of thin paint. The house will be quite dry, and also may be scoured, in two hours."

224. *Rush Candles.*—"Rush candles are no expense, except the price of the grease, and give as much light as common dip candles. Gather the meadow rushes when they are at their full substance; they are then a body of pith, covered with a green skin; cut off both ends of the rush, and leave the prime part on an average about one foot and a half long; take off the skin nearly all round, leaving only a small strip of it all the way up, which is necessary to hold the pith together: the melted grease is then put into a tin tube the same length as the rushes; soak them in it, and, when you take them out, lay them in a bit of bark taken off a young tree, that it may not be too large, and which is fixed against the wall by two strips put round it: here the rushes may always be kept. They are carried about in the hand; but to sit by, or work by, they are fixed in high or low stands, to place on the ground or table, which have an iron part like a pair of pliers to hold the rush, and which is shifted forward as it burns down to the pliers."

225. The following lamp is easily prepared, and is by many persons preferred to rush candles.—Fill a common tea-cup with any kind of melted grease that is free from salt; cut a round of paper, about the size of a penny piece; fold it in several creases, so as to bring the middle to a point; which twirl up in your fingers, so that it shall stand upright, and lay the outside part in a flat round, about the size of a wafer (in shape it will somewhat resemble a candlestick); when your cup of grease is cold, place this standing on the middle, and, on the part that stands upright, and which is to serve as a wick, drop a little oil or tallow grease. This lamp will burn ten hours, without any attention; and hence is very useful for night burning; but if wanted to work by, some grease must be occasionally supplied, so as to keep it to the top of the cup.

226. Much waste of tallow is occasioned in many families that can ill afford it by careless and slovenly habits. Such

as, carrying a candle aslant, or not properly fixing it in the candlestick with paper—(if it is but a pound in a year that is so wasted, it does no good at all spilt on the floor;)—or suffering a lighted candle to stand in the draft of an open door or broken window; in which situation it will burn out in half the time;—or, in the day time, instead of putting the pieces of candle in the box, standing them in the candlestick in the influence of the fire or sun; or instead of sticking the small pieces upon a saveall, suffering them to burn away in the socket. I have been told that poor people cannot afford such things as candle-boxes and savealls. It would be more reasonable to say, they cannot afford to do without them. I have even met with professed servants who did not know what was meant by a saveall; for the benefit of such, if such should be among my readers, I will describe a saveall:—it very much resembles the loose nozzle of a candlestick, only that instead of having a socket to drop the candle in, it has a prong to stick the bit of candle on; and any fragments collected when cleaning the candlesticks may be laid round; and will all melt, and supply the wick so long a time that those who have not witnessed will scarcely believe.—These hints ought to have found their place under the head of Frugality, some where about paragraph 122, but they were omitted, and had better be out of their place than out of the book.

227. *To preserve Eggs.*—The proper time of doing this is early in spring, when the hens lay plentifully, and before they begin to sit. There are several ways of preserving them for use or sale, at the season when they become dear. 1. By dipping in boiling water, and taking them out instantly;—2. secondly, by boiling the shell, or rubbing them over with melted suet; and then packing them closely endways in lime, bran, or salt; the lid of the box in which they are packed being closely shut;—thirdly, by placing them on shelves, with small holes to receive one in each; they must be placed endways, and changed every other day.

CHAPTER VIII.

OF KEEPING ANIMALS, &c.

COWS.

228. A cow of the smallest sort common in England is the best for the cottager, which will not eat more than eighty or

ninety pounds of good moist food in the twenty-four hours. The warmer and drier the cowshed is the better, and the more milk she will give. The floor should slope a little, and be paved with stones of some sort. Fix up at the head of the cow a broad trough or box, and feed her always at daylight, at sunset, and once besides.

229. As to food, natural grass is the best a cow can have. If the cottager has a little close, he will find it answer to cut daily as much as will be eaten in the day, and carry it to the cow, not allowing her to tread about; but there is one thing to be said against this plan, viz.—that the land will be a great loser for want of the urine of the cow, which tends greatly to promote its fruitfulness. A meadow so used must be cleared of weeds every autumn, fresh grass seed cast upon the bare places, and then a good coat of manure laid on.

230. It is not consistent with the health and comfort of a cow to confine her entirely to the house or shed; besides, exercise abroad tends to increase the quantity of milk. If there is a common, the cow should be allowed to remain out or come in at her pleasure; being plentifully fed morning and evening with cut grass, as above. Where there is no common, she should be led abroad daily, to graze along the sides of the roads and lanes;—a little child can do this.

231. Pure water is of great consequence to the health and productiveness of a cow.

232. Early York and sugar loaf cabbages and lettuces, occasionally, afford a good change of diet, and increase the milk. If you have no grass land, and the cow is fed principally on cabbages, it must be allowed a small quantity of good hay daily; for whatever speculative men may say, practical men know, that a cow cannot be well kept on cabbage and Swedish turnips alone.

233. For winter food, hay is the chief dependence;—the best hay is best, and a good cow will pay for it—but the latter may do—or even oat straw. The common white turnips are poor watery food; but Swedish turnips are good; carrots and parsnips also are an excellent winter food. If potatoes are given, they should be boiled or baked; or if given raw and bruised, hay must be given with them, or they will disorder the cows; but the other roots are much better. A cow may be allowed two pecks of carrots a day.

234. The following is an account of a cow, kept by a person in Sussex, who had not the advantage of common, and but a small range of land in his power; on that he raised her green food. She was fed during the summer on clover, rye-

grass, lucern, and carrots, three or four times a day. In winter, with hay, bran, and grains, properly mixed; sometimes a double handful of malt-dust, (not more,) mixed with a feed of grains and pollard. She was fed often, particularly while milking; the manger was kept clean, and no sour grains or rotten, mouldy vegetables given; never suffered to overcharge her stomach, but to be well filled, and kept with a good healthy appetite. She was never tied up; had always her choice to lie abroad or in the house. Always, when milked, dripped clean to the last drop. Being so well fed, she went dry only seventeen days before calving. Here is a statement of her produce and profit.

April 6 to April 20, milk,	8 quarts a day,	butter, 6 lbs. a week
April 21 to June 1, ditto	22 ditto	ditto 18 lbs.
June 2 to Oct. 5, ditto	20 ditto	ditto 16 lbs.
Oct. 6 to Nov. 30, ditto	15 ditto	ditto 13 lbs.
Dec. 1 to Feb. 8, ditto	13 ditto	ditto 11 lbs.
Feb. 9 to March 14, ditto	10 ditto	ditto 8 lbs.
March 15 to April 4, ditto	7 ditto	ditto 5 lbs.

Dry for calving.

Sale of produce.—Sale of calf at 14 days old.—		
Butter, at 1s. 4d. per pound.—Skimmed milk, at		
1d. per quart.—Dung valued at £3.—In all . . . £76 7 3		
Total expenses		21 14 2

A year's profit on a single cow 51 13 1

If any cottager should be able by good management to make a cow as profitable as this, he would find her a treasure indeed; if it were but half the gain, it would be well worth all the attention required, and essentially promote the comfort of the family.

235. When a cow is near calving, she should be under shelter in a roomy place, and not tied up; some warm water should be given her, and a warm mash or two, with some sweet hay. The calf must be allowed to suck the first milk, till the flow has abated, and there is no danger of inflammation;—if the calf be weak, it should be held up to the teat. Some young cows have the udders stretched and inflamed two or three days before calving;—in this case they may be relieved by drawing off part of the milk daily. It generally answers best to a cottager to sell the calf as soon as it is born; or even if he cannot do that, to kill it rather than suffer it to consume the milk which is so valuable to his family.

236. The hours of milking should be regular; and it is of

the utmost consequence that the udder be perfectly drained of milk; the habit of leaving milk in the udder being greatly injurious; it causes bad milk to be formed; besides that every succeeding drop of milk is richer than the one before it—in fact, the last half pint of milk has twelve times as much butter in it as the first—it may be said *all the butter*.

237. Those who have a cow or two, will find the leaves of a breeding sow, or two or three young pigs, a very trifling expense; the stalks and outside leaves of cabbages, that will not do for a cow, will be very good food for a pig.

MANAGEMENT OF THE DAIRY.

238. The churns, pans, pails, shelves, floor, walls, and every thing about the dairy, must be perfectly clean; the pans should be frequently boiled, and scalded with boiling water every time of using. Nothing so much contributes to keep the milk and butter sweet as thorough cleanliness.

239. I have just been told something worth trial by those to whom firing is an object. A capital dairy mistress, whose butter was praised all the country round, in very hot dry weather, when she had no occasion for fire, would thoroughly wash all her milk pans in cold water, and stand them in the influence of the sun all day, bringing them in just in time to be thoroughly cool to receive the milk;—this she found answer for several days, or even a week; at which intervals she scalded them as usual. Observe, this method will not do, except when the sun has very great power.

240. A little nitre (saltpetre) put into the milking pail, before the cow is milked, will effectually prevent flavour of the turnips in milk or butter.

241. Milk should be set immediately. Skim off the cream every twelve hours in summer, every twenty-four hours in winter. Shift the cream into clean pans—daily in winter, twice a day in summer; stirring it several times a day with a clean wooden spatula.

242. Churning should take place at least twice a week in summer. Frozen cream always makes rank butter. For this reason, in Scotland, during a severe frost, they churn the whole of the milk daily. The cream must be strained into the churn through a fine sieve or linen cloth. Butter ought not to come in less than three quarters of an hour. In summer heat, the cooler you churn the better; first cooling your churn with cold water, and then letting it stand during churning in a tub of cold water. In very cold weather, the churn may be placed near the fire, or warmed with water, in the

same manner as it is to be cooled in summer; but it is better avoided if possible.

243. If the butter is very backward, put in a table-spoonful or two (according to the quantity of cream) of good vinegar, mixed with a small quantity of warm milk.

244. When the butter is thoroughly come, strain off the butter-milk, and put the butter in cold water; (some good dairy-mangers say it is better not washed;) afterwards divide it into small lumps upon a sloping board; beat it well with a wooden spatula, until entirely free from milk, and quite firm; cold water being at hand, throw on the board occasionally, and, if you choose, to wash the pats; let the lumps, when made up, be spread separately on a cloth, that they may not stick together. Those who choose a little salt, add it when breaking the butter into lumps to beat it.

245. *To preserve Butter for winter use.*—Let the salt be perfectly dried before the fire; roll it with a glass bottle till it is as fine as possible: spread a layer of salt at the bottom of the jar; then press and beat the butter down with a hard wooden tammer; cover the top with a thick layer of salt; so that when turned to brine it shall entirely cover the butter. The best jars for this purpose are of Nottingham stone-ware, with lids.

PIGS.

246. In many cases where a cow cannot be kept a pig may; and certainly wherever a cow is kept. The sty should be situated upon a dry foundation, as well as sheltered above; it should be cleaned out and washed down every day. It is well known that pigs will *live* wallowing in the mire; but it is not, as much as it ought to be, considered, that they will *thrive* much better in a cleanly lodging. Their troughs should be well-sound.

247. Breeding sows do not in general answer so well for cottagers, as to buy a pig of about four months old, early in spring; however, for those who choose to keep a sow, at the time of her bringing forth, she wants good attention, being careless, and apt to roll over her pigs, or otherwise injure them. The first food should consist of nourishing wash, pot-liquor, or milk thickened with fine pollard and barley meal; the same food is proper for the young pigs. At this time the sow requires to be well fed; so indeed she does before pigging; it is a very false notion to have her spare at that time: if she be so, the pigs will be worth nothing; and her strength will be completely reduced by a week's suckling.

248. Besides two meals daily, as above directed, she should have one of dry meat, as a pint of peas or beans, with half a peck of carrots, boiled potatoes, or the like; potatoes alone are a poor dependence; and the young pigs ought not to be fed with them, or with any loose vegetable trash, until three months old. The sow may be let out to air herself at pleasure, and after a while the pigs to accompany her, but never in bad weather. The pigs may be weaned at two months old; after which the sow should be shut up, and well fed; she should farrow in January and July.

249. The young pigs, on weaning, should have at least a month of delicate feeding, warm lodging, and care; the same food as while they were with the mother. They may indeed be reared much cheaper, but not so profitably. From four months old, or rather less, a pig will graze, eat tops and stumps of cabbages, Swedish turnips, in short, any thing of that kind, that is otherwise useless; all dish-wash and pot liquor, grains if you brew, a little of any kind of corn, beans, peas, oats, barley, rye, buckwheat, or tares; linseed, boiled with potatoes, makes good wash. Any kind of corn may be given to pigs in the straw; they are good threshers. Through the summer months they will chiefly subsist themselves abroad, upon clover, lucern, or tares; and in autumn upon acorns. Very young pigs especially ought not to be left abroad in continual rains; and they will always pay for a feed of old beans with their clover.

250. As to fattening, it may be conducted either in confinement or at large in a yard; a cottager, most likely, will confine his pig to the sty; they thrive best singly;—they should be fed, if possible, three times a day; taking care to allow just so much, that the animal may be thoroughly satisfied, and the trough entirely cleared:—by this plan the animal will fatten most speedily and effectually, while needless waste is prevented. The pig must now be allowed no more clover, acorns, or potatoes. Skimmed milk, and pea, oat, or barley meal, make the best food, and answer the best too; the meat so fed being superior to any other in flavour, substance, and weight;—bean-fed pork is hard and ill-flavoured. A pig will eat two or three pecks of corn a week; a hog, upwards of a bushel, according to his size—his allowance should be gradually increased; do not grudge him food; he cannot eat too much. A poor fed pig is worse than no pig at all; if you cannot afford to feed him well, you had better not engage in it. The pig and his sty should be kept very clean—he should be frequently washed and combed—will thrive all the better for it.

When it is possible, should be given hot. From November to March is the best season for doing.

RABBITS.

251. Hares are in general very fond of rabbits; they are lively animals, nimble in their movements, always under countenance, and the produce has not long to be waited for. Three hares and a buck will give you a rabbit to eat every three days in the year: this is a vast deal more than will be gained in the pursuit of game, besides being attended to as an innocent amusement, instead of being served after at unseasonable hours, and to the great destruction of health and clothes, to say nothing about breaking the laws of your country, and exposing yourself to continual danger and disgrace. A poacher is never a respectable, thriving man. It is a great matter to give children early habits of tenderness and carefulness towards animals—teaching them to set a value on them—to take pleasure in watching their growth, and to become skilful in the management of them:—this is a valuable qualification in a farmer. A farmer don't much care who he sets to hedging and ditching; but it is a matter of serious consideration who shall be trusted with the team or the flock; and for the man to be trust-worthy in this respect, the boy must have been in the habit of being kind and considerate towards animals; and nothing is so likely to give him that habit as his seeing from his infancy animals taken great care of, and treated with great kindness, by his parents; and having now and then a little thing to call his own. These remarks are not exactly in point, but having met with the substance of them in a book I consulted, and thinking them very just and useful, I give them a place here, rather than shut them out altogether.

252. To return to rabbits. They should be in a warm and dry place; and yet airy and very clean; each rabbit hutch should have two rooms, one for feeding and one for sleeping in; three troughs should be bound with tin, as they are apt to gnaw the wood; the hutches should stand a foot or more from the ground, for the convenience of cleaning them; they should also be set a little sloping backwards, with a very small hole or crack at which the urine may run off. The dung of these animals is very valuable, and, if intended for sale, should be carefully kept free from litter.

253. The food proper for rabbits is, oats, peas, wheat, pol-
lard, buck-wheat, carrots, parsnips, Jerusalem artichokes, (if
suckers are used, they must be baked or steamed,) lucern,
clover leaves, clover, green corn, peas, row thistles, dan-

delious roots, clover and mowder hay, pea and bean straw, &c. grains are given, they must be mixed with good dry pollard. Rabbits should be fed at least twice a day: in winter, three times.

254. Rabbits may indeed be kept, and even fattened, upon roots, good green meat, and hay; but they will pay for corn: the better the food, the greater weight, better quality, and more profit. Rabbits which have as much corn as they will eat, can never take any harm in being allowed almost an equal portion of good substantial vegetables. The chief thing to be avoided with rabbits, is too much moisture, either in their food or habitations; they are just as liable to the rot as sheep, and from the same causes; but with regular and careful attention no live stock is less liable to disease than rabbits.

255. The doe should not be allowed to have more than six litters a year;—the young ones may be removed from her at six weeks:—at first, the young rabbits should have oats at least twice a day; of pea meal, mixed with fresh grass, and but a small proportion of green food. To a breeding doe, both before and while she suckles, plenty of good green meat should be given, and plenty of solid food too. She will bring forth from five to ten at a litter; but if the number exceeds six, it is better to destroy the weakest; six, or at most seven, is quite large tax enough on the mother. When her time of landing is near at hand, and she begins to pluck off the fine flue from her body, plenty of sweet dry hay should be given her to assist in making her bed. If she should appear weak or chilly after bringing forth, let her have some warm bran, grains, or fine pollard scalded, or barley meal mixed with a little beer.

POULTRY.

256. The warmest and driest soils are best adapted for the purpose of breeding and rearing poultry; the greatest success may be expected, attended with the least trouble; however, cottagers who choose to keep them must use the best place they can command. If possible, it should be a gentle slope, that the damp may run off. They should have heaps of dry sand, or sifted ashes, to roll themselves in, as this cleanses their feathers, and preserves their health;—their roosting place should be dry and warm, and kept perfectly clean;—for nests, little flat baskets placed against the sides of the hen-house, or bits of wood nailed up for the purpose, do very well; but boxes do better, as the winter work lets in the cold.

257. The fowls for breeding should be young. A cock of two years old, to four or five hens, who ~~they~~ should be from two to five years. Short and soft straw, best for making nests. The number of eggs for sitting must be from nine to fifteen, according to the size of the hen; they should be marked; and when the hen leaves her nest it should be examined, that if she have laid any more, they may be removed. Corn and water should be placed near a sitting hen, and removed as soon as she is satisfied. Some hens will almost starve themselves, rather than quit the nest in search of food;—others, if food is always before them, will be continually getting upon the nestake of it.

258. When the period of hatching arrives, the chickens first hatched should be removed, lest the hen, in her anxiety to feed them, should leave her task unfinished. They will require no food, though kept from the hen for several hours;—they must be secured in a basket of wool or soft hay, and put in a moderate heat; if the weather be cold, near the fire. The first food should be split grits, and eggs boiled hard, or curd chopped small; afterwards tail wheat. All watery food, soaked bread, or potatoes, are improper. Their water should be pure, and often changed; they must be kept under a coop three or four days, after which they may be suffered to range; they must not be let out too early in the morning, or while the dew is yet upon the grass; they must also be guarded against sudden changes of the weather. As to feeding and fattening fowls, those thrive best, and are the finest for eating, that live most in their natural state; picking up the stable offal, and barn-door scatterings, together with a daily feeding or two. It is a mistaken notion to coop them a week or two with a view to increasing their fat; they pine for liberty, slight their food, and lose instead of gaining flesh. Instead of the tail corn which is usually given to poultry, it is much more advantageous to allow them the weightiest and best; the difference will be seen, not only in the size and flesh of the fowls, but in the weight and goodness of the eggs; two of which go farther in domestic use, than three from hens fed on common corn and washy potatoes. Barley and wheat are the great dependence for chicken poultry; the best oats will do; but neither go so far as other corn, nor agree so well with the chickens. Ruck, wheat, cabbage, mangel-wurzel leaves, parsnips, and other herbs, chopped fine, may be given them.

259. *Turkeys*.—The hen and brood must be housed six weeks; and afterwards the hen had better be cooped a fortnight longer, to prevent her travelling further than the

strength of her young ones is equal to. Young turkeys should never, even in dry weather, go out before the dew is off the ground, till they are as large as an old partridge, and well covered with feathers: in wet weather they should be always under cover, and fed with barley meal, or milk turned into curds, and made fresh every day, which is excellent for all young poultry. Water is preferable to milk for their drinking. Damp and wet are always to be avoided for poultry.

250. When young turkeys get their head feathers, they are hardy, and want room to prow about in. Never let turkeys be poor. Barley meal, given them fresh and fresh, will very soon fatten them, either in the house, under a coop, or running about: boiled carrots and Swedish turnips are also good. They would prefer roosting abroad, in high trees, in the summer season, if that could be permitted with safety. Turkeys are tender, and delicate to rear; but with due care and attention they pay well.

261. *Ducks.*—A duck will cover from eleven to fifteen eggs. The white eggs are produced by white and light-coloured ducks; the greenish blue from those of dark colour. In setting a duck, it should be observed to give her all eggs of her own colour: she will not require attention during sitting; but having chosen for herself a secret and safe place, will, as occasion requires, carefully cover up her eggs, and seek for herself food and refreshment of water. After hatching, when the duck begins to move from the nest, with her brood, she should be placed under a coop, at a distance from any other ducks, upon the short grass, if the weather be fine, or under shelter if otherwise; a wide flat dish of water, often to be renewed, standing at hand; barley or any other meal, the first food.

262. If the weather is fine, and the ducklings strong, they need not be confined to the coop longer than a fortnight; and rather earlier than that they may be allowed to enjoy the pond, but not too long at a time, least of all in wet weather. If young ducks scour, and appear rough and draggled, they must be kept within a while, and have bean or pea meal mixed with their ordinary food, or with buck-wheat. The straw should be often removed, that the brood may have a dry and comfortable bed, and the mother should be well fed with solid corn.

263. Whatever animals are kept should be well fed, both for policy and humanity. Duck eggs are often hatched by hens; but it is a cruel thing—considering the distress it occasions the poor hen, when she supposes her little ones to be

in danger of drowning. For fattening ducks or geese, barley in any form should never be used; oat and pea meal, mixed with pot liquor, is the best thing for that purpose. Ducks who have their range are very fond of acorns, and fat quickly upon them; but the flesh is not quite so delicate.

264. *Geese.*—Geese can be kept to advantage only where there are green commons; there they are very hardy, long-lived, and profitable to their owners. If well kept, a goose will lay one hundred eggs in the year. A nest should be prepared for the goose in a secure place as soon as by carrying straw about in her bill she declares her readiness to lay. An early spring is favourable to geese, as it allows time for two broods in the season. This end may also be attained by feeding breeding geese throughout the winter with solid corn, and in the breeding season giving them boiled barley, malt, fresh grains, and fine pollard mixed with ale. When geese are to be fattened, give them some sort of corn, Swedish turnips, boiled or raw, with corn, carrots, white cabbages, or lettuces. An equal quantity of meal of rye and peas, mixed with skim milk, forms an excellent food for either geese or ducks.

265. *Pigeons.*—A few of these may be kept about any cottage. They cause but little trouble, take care of their young ones, and do not scratch or do any mischief in a garden. They may be fed with fares, peas, small beans, or buck-wheat, and rape seed: cleanliness is very essential to their comfort and thriving. The floor of the place they inhabit should be strewn with sand or sifted gravel, and swept out daily. Pigeons are very fond of water, and will appear greatly refreshed and delighted by exposure to a shower of rain. When kept in-doors, a wide pan of fresh water should be always within their reach, in which they may bathe, which greatly promotes their health, cleanliness, and comfort.

266. Where many pigeons are kept, it is a good way to mix some loam, sand, old mortar, fresh lime, and bay salt, with a little strong-smelling spice; as allspice, caraway seeds, or coriander or cummin seeds, or the drug *asafoetida*; and moisten it into a consistence with chamber-lye. The smell of this attracts the pigeons to their place; and pecking at this mass is a great amusement to the birds, and in some way or other seems to have an influence in preserving them in health.

267. To begin keeping pigeons, they must not have flown far before you get them; they must be kept two or three days shut up in the place that is to be their home, well fed, and gratified with the above preparation.

BEES.

268. "The best hives are those made of clean unplighted rye straw, with a thatch of the same, which should be replaced by a new one every three or four months. The hives should be in a shed, with a top, back, and ends, to keep them warm in winter; they should not, however, be too hot in summer, and they should face the south-east, or at least be *always* sheltered from the north, and in winter from the west also. In a dry summer you should place clear water near the hive, so something they can drink out of. They collect more honey from buck-wheat than from any thing else; it need not be added, all garden flowers are valuable, on account of the food they furnish for bees. Never keep the same stall or family over two years, unless you want to increase your number of hives: the swarm of one summer should always be taken in the autumn of the next year.

269. "The chief thing to attend to in bees, is to keep away fowls and birds, particularly the bee-bird. If you see wasps, hornets, or ants, watch them home, and kill them in the night by fire or boiling water. The hives should be placed on a bench, with tin round the legs, to keep down rats and mice; but as this will not keep off ants, take a green stick, twist it round in the shape of a ring, lay it on the ground round the leg of the bench, and a few inches from it, and cover it with tar. When the bees hang out, and hesitate to swarm, if you put on a top hive, they will soon fill it; when they have done so, take it off for the sake of the honey, of which perhaps you may find a great deal; put another hive on directly, and in another fortnight take it off again, and take out the honey.

270. "There are two kinds of wax, white and yellow; the first is bleached, the last is as it comes out of the hive. After the honey is taken out of the comb, the remaining part is put into a kettle with some water, in which it is melted over a moderate fire, and then pressed through a linen cloth to strain it. Take the scum off before it is cold, and pour it into moulds. Wax is bleached, or made white, by spreading it in very thin cakes, and exposing it to the air both day and night: when quite white, the cakes are melted, and put in moulds."

271. Dr. May, in his account of bees, states, that a poor cottager cleared in one season, £27 by his bees. Such success is seldom met with; however, it is moderately calculated, that a poor family, with care, might almost depend on clearing the amount of their rent, and perhaps shoe leather into the bargain.

I would recommend all bee-keepers to read a very interesting tract on the management of bees, entitled "A short and simple Letter to Cottagers from a Conservative Bee-keeper, price 2d." The particular object of this tract is to advocate the preservation of the bees, instead of destroying them to obtain the honey,—and to furnish bee-keepers with the needful information for that purpose. It clearly proves that this method is the most advantageous, as well as the most humane. I have had much pleasure in witnessing the practical operation of the plan on a large scale, and did hope that the excellent author of the above-mentioned interesting tract would have been able to favour me with some general instructions for the management of bees, to be inserted in the present edition of Cottage Comforts. I deeply regret that he is prevented by illness from complying with my request. The next best thing to be done, is to recommend the purchase of his tract. It may be obtained at Parker's, bookseller, West Strand, London, and of the agents of the Saturday Magazine.

CHAPTER IX.

GARDENER'S CALENDAR,

JANUARY.

272. "Let every thing be done in the garden that the weather will admit of. Dig and trench all vacant spots. Wheel in dung. Prune apple, pear, and plum trees. Clear them from moss, thus: in a mild, wet, foggy day, throw quick lime over the branches; wherever it strikes it will kill the moss; scrape it from the bodies of the trees. And whenever you boil bacon, take the greasy liquor while warm, and rub the trunks of the trees often; this will cure the canker in them: or train oil may be used for the same purpose.

273. "Plant trees and shrubs the whole month, if the weather is mild, and observe always to open the ground well before you plant. Let it be dug two spades deep, if your soil will allow it. This is a good time, now the leaves are off, to prune your gooseberry and currant bushes. If a gooseberry bush is left to itself, it soon gets thick and matted, and so full of wood, as to shut out the sun and air. The fruit will then be of a small size, and but little of it. Nothing in this world

does well without industry. Use it then even in the matter of a gooseberry bush. Thin your tree well, cut out the wood from the middle, and you will have the branches covered with fruit, and of a much larger size. The young trees should be kept down by shortening the young shoots.*

274. "A rose, or a honeysuckle, growing up the side of a cottage, gives it a mighty pretty appearance, and it will be much prettier still, if these trees are properly managed. Don't be afraid of using the knife. The young shoots should be generally shortened, just above a bud; and several new shoots will then grow out; every new shoot will have a bunch of flowers, so that your tree becomes full, and handsome, and gay all over."*

275. If you have any crocus, narcissus, or other bulbs, out of ground, they should now be put in early in the month, if the weather is mild; but if otherwise, should be delayed.

276. All hardy herbaceous plants may now be planted, such as golden-rod, lychnis, Canterbury bells, sweet-williams, London-pride, &c.

277. At the latter end of the month, if the weather is mild and your situation sheltered and sunny, you may sow radish, spinach, lettuce, and parsley. Some people sow peas and beans; but, in nine seasons out of ten, it is only to the loss of their seeds and their trouble. If you have any ground bare, by all means plant it with cabbages; which are sure to come in use in some shape or other.

FEBRUARY.

278. If you choose now you may begin to sow peas and beans—small salad and radishes in a warm border. Plant garlic, chives, shalots, potatoe onions, and tree onions (see paragraph 316). Make layers, and plant cuttings and suckers of trees and shrubs. Any pinks or carnations growing old and shabby, showing their brown stalky roots above the ground, take up, and divide into smaller pieces, either pulling the branches apart, or splitting the roots with a knife, so that each brings away some of the fibrous root with it; they will readily grow again. Thus you will multiply your roots, and have many more and much handsomer blossoms than if you left the roots to overgrow.—All pruning and training of trees should now be finished.*

MARCH.

279. Any work directed for the last months may still be

* Cottager's Monthly Visitor.

performed with advantage; and indeed, unless the season is remarkably mild, and the situation warm and sheltered, it is the safest way (and, in the end, perhaps you are just as forward) to do nothing till March, except preparing your ground with manure, (if required,) clearing of weeds, and getting all in good order. Now, however, is the time to work. Every spare moment this month and next may be advantageously employed in your garden. Among trees and shrubs finish all removals. Cuts and scions for grafting: see paragraph 328. Ground dug up in ridges should now be levelled down, as wanted, for sowing and planting, as it will now work in excellent order. Sowing should now be performed in the principal crops; as onions, leeks, carrots, parsnips, beets, radishes, spinach, lettuce, cabbages, broccoli, borecole, savoy, peas, beans, celery, cauliflowers. Also of small herbs; parsley, small salad, radishes, marigolds, nasturtium, corn salad, fennel, thyme, savoury, marjoram, and hyssop.

280. Early potatoes should be planted in the beginning of this month, choosing a warm situation. Jerusalem artichokes may now be planted: they are not choice in their situations; but will do very well in any inferior spot, as shady, or to the north, provided it be not too damp.

281. Early in this month plant small bulbs for duck onions, see paragraph 317. Part roots, or replace any which may have died off in the winter, of all kinds of sweet herbs; such as thyme, marjoram, &c. Also lavender, rosemary, and rue.—Strawberries may be planted now; also plant old onions for escalloins and seeding.—Onions should be sown in the richest ground, in beds from three to six feet in width; rake the seed in regularly, or sow it in drills about eight inches apart. Sow the drill scantily, but equally, so that there may be little need of thinning. A few may be sowed thick to draw young in summer. Let the beds be kept very clear from weeds.—Carrots may be sowed in beds of a similar size. The soil should be light, and dug very deep, to allow room for the carrots to throw their roots their full depth. They will require frequent thinning; the young carrots are much esteemed for the table, and will generally sell; if not, they are excellent food for rabbits.—Parsnips are particularly valuable for cottagers, being both nourishing and profitable. Sixpennyworth of seed, well sowed and trodden in, will produce more meals than four sacks of potatoes; and, what is material to those whose gardens are small, will not take more ground than would be required to grow half a sack of potatoes.

282. Lettuce plants that have stood the winter may now,

if the weather be mild, be planted out at a foot distance.—Marrow-fat, Prussica, blue, and scymltar peas, and broad beans, may be planted once a fortnight through March and April, for crops in succession.—Mint, balm, and sage roots may now be parted; or slips taken from the young spring shoots.—Cape broccoli, for heading at Michaelmas, may be sowed from the end of March to the end of April; also borecole, and Brussels sprouts, and savoy, for autumn and winter heading, and spring sprouts.—General crops of potatoes should be planted before the end of this month; also horse-radish.—Towards the end of the month make a hot bed, if you intend to have one.

283. Keep every part well weeded; flower beds neatly trimmed; box or thrift edgings planted or repaired. Shelter wall trees in blossom, if the weather is severe. Head down young trees that are inclined to grow straggly, cutting each last year's branch to about five or six eyes or shoots. This method will cause them to shoot bushy, and in a handsome form.

284. At the end of March, or beginning of April, according to the early or late advancement of the season, grafting may be performed. See paragraph 328.—Also finish pruning and training vines; and make layers of vines, lifting the bark at an eye, laying down the branch, and forking it down to the depth of six or eight inches; cover it up with mould.

285. Hardy annual flower seeds, such as sweet peas, lupines, convolvulus, mignonette, stocks, India pinks, &c., may be sowed in the open ground; and tender sorts in hot beds. Indeed if you have a hot bed it is an advantage to raise most of your flower seeds in it: they will be considerably forwarder in flowering; and this, if you either sell nosegays, or keep bees, is an object worth attending to.

286. Any plants in pots will require to have the earth stirred up; a little of it removed, supplied with fresh good mould, and a little water. If the weather is mild, a little air may be admitted to geraniums, myrtles, &c.

APRIL.

287. All the work of last month may be carried on, and should be completed as early as possible.—Asparagus beds may be made, and of old beds the earth must be forked up, and loosened to a moderate depth, and rake the surface even.—Hoe beans and peas that are up, and draw earth to the stems.—If you are short of room, you may plant garden beans between your potatoe sets; and so get two crops on the same

ground. You may also raise a crop of radishes on your asparagus beds.—Cauliflowers plant out—also prick out lettuce plants, as they advance sufficiently.—Sow York, Battersea, and sugar-loaf cabbage for autumn, and begin planting out what have stood the winter for summer crops.—Sow cauliflower seed, for a late summer and autumn crop.—Sow a principal crop of celery in an open situation, and prick out early raised plants.

288. Early in April, (if not late in March,) sow cucumbers in pots in your hot bed. (See par. 325.) When they have four or six leaves, transplant them into the earth of the bed; or some may be kept back till the season is farther advanced, then to be planted in a warm border, under glass or oiled lights. A little air may be admitted to the beds daily, and occasional waterings; keeping always a bottle of rain or river water within the frame, to be of a proper warmth for that purpose. A moderate warmth must be kept up in the beds, by lining with hot dung to the sides, and covering over the glasses at night with mats, straw, or furze.

289. A little endive may be sowed now; but it is rather apt to run.—Early dwarf sorts of kidney beans may be set in a warm border late in this month.—Potatoes may still be planted.—Peas; when six or eight inches high, must be sticked.—Spinach, the round leaved sort, may be sowed once a fortnight, either broad cast, or in broad shallow drills, or between rows of young cabbage, cauliflowers, or beans. Hoe and thin early spinach.—Mustard for seed, to make flour for table use, may now be sowed, either broad cast, or in drills.—Rhubarb (for tarts) may now be planted at two feet distance, as the plants are very large and spreading.—To produce seed, leave some spinach, parsley, beets, celery, endive, small salad-ing, Welsh onions, chervil, leeks, broccoli, borecole, turnips, parsnips, carrots, and other plants of last season. See paragraph 329.

290. Any branches of fruit trees, blown about by the March winds, must be attended to, and secured by trawling and tying; where any decayed shoots or ends of shoots appear, prune them to the live wood. Clear all fruit trees from suckers at the roots. Dig round and between gooseberries, raspberries, and currants. Caterpillars and snails must be watched, and cleared off.

291. Any annual flowers now sown should be placed at once where they are to remain. Stocks and wallflowers, which have stood the winter, may now be planted out for flowering; also ten-week stocks.—African and French marigolds, China

asters, dahlias, &c. may be sowed in the hot bed, if not already done.—Finish planting out carnations from small pots into larger, or in the open ground; also pinks, daisies, sweet-williams, &c.—Sow Brompton and queen stocks, for flowering next year; and plenty of ten-weeks.

MAY.

292. Sow spinach; a few turnips for August. Hoe, weed, and thin the principal crops. Keep the ground neat between rows of peas and beans, by frequent hoeing and raking; also between potatoe rows. Stick peas before they become too tall. As soon as beans are in full blossom, top them.

293. Thin fruit trees; clear off blights, crumpled leaves, and pinch off clumsy shoots. Water strawberries in blossom, and be careful to do it gently. Water radishes daily, *when the sun is upon them*;—this is the only way to have good quick-grown radishes.—Sow scarlet-runners, which are the most productive of French beans; and white runners, which are the best for pickling. There is no occasion to suffer them to run inconveniently tall: tall sticks are expensive, and there is more trouble in gathering—about three or four feet high answers very well.—Plant out cabbages and lettuces; and keep your seed beds properly thinned. Indeed this business should be carried on all the year round. If you wish to make the best of your room, have always a supply of plants to stick in any spare piece of ground—even when you cut every other cabbage in a row, you may dig and even the ground, and put another plant in. Much may be done by management and contrivance.—Cucumbers may be sowed in the natural ground; choose a warm border, and very rich ground; shelter them at night with a large garden pot, placing a bit of slate, or some such thing, over the hole; or an oiled paper frame; or contrive something that will answer the purpose.—Sow a good crop of celery now, for autumn and winter; keep it watered in dry weather.—Prick out, borecole, broccoli, savoy, &c. from seed beds; sow parsley; tie up seed plants, especially of leeks and onion.—Plant out the young shoots forming at the head of the tree-leek.

294. Vines now require some attention in regulating the growth of their shoots; removing such as are ill placed; but carefully retaining those that are strong, well placed, and furnished with fruit. The fruit of next year will be promoted by your now pinching off the curling tendrils as they appear, excepting the one at the tip of the branch.

295. In your flower beds it will be necessary to thin an-

plants coming up too thickly. Towards the latter end of the month China asters, French and African marigolds, and dahlias, raised under glasses, may be pricked out, and well watered. Early flowering bulbs, as snowdrops, crocuses, daffodils, &c. when the leaves decay, may be taken up, and housed for planting again in autumn. This need not be done above once in three years, unless you want to part the roots for sale, or for planting elsewhere.—Anemones and ranunculus may be taken up after flowering. Ranunculus will not stand the winter in the ground, but in a warm and dry situation anemones will, and flower all the stronger another year.—Sweet peas, convolvulus, and other climbing plants, will require sticks.

JUNE.

296. The principal work now is weeding, hoeing, thinning, watering, pricking out, and transplanting; choosing for the latter showery weather; or if that does not occur, supplying the deficiency by watering and shading: but dry weather is the best for hoeing.—Several early crops will be coming off this month, and the ground should be prepared for sowing or planting in succession.—Turnips should now be sowed for a full crop; also turnip radishes.—If you choose to sow beans or peas for a late crop, they should be soaked in water a few hours, if the weather is dry.—Red beets thin to a foot distance. Cape broccoli, borecole, savoys, Brussels sprouts, for winter use, should now be planted out. Also sow celery seed, to plant out in autumn for spring crops.—Plant out celery in trenches for whitening; dig the trenches a yard asunder, nine or ten inches wide, six or eight inches deep; dig in some manure in each trench; make all smooth and even; plant a row of celery in each; and keep it well watered.—Sow principal crops of endive. Gather herbs for drying. Transplant leeks, trim the long stringy roots, and place them at from six to nine inches apart; leeks make a very pretty bordering, and so take scarcely any room. Thin lettuce to a foot asunder; plant out a good crop to the same distance; and well water. Sow some more lettuce seeds for a succession.

297. Cucumbers will now require plenty of air and water, and shading from the heat of the sun; the glasses had better still be kept over them at night, unless the weather should be very warm and settled. When the plants grow large, and run over a considerable surface of ground, it is a good way to spread some clean dry straw or reeds for them to run upon.

298. If onion crops have failed, they may be replaced the

beginning of this month, by procuring from some neighbour who is thinning his bed a quantity of strongish plants of young onions, and preparing beds of rich, well-dunged ground, in which plant them, in rows, five or six, by three or four inches apart. Insert the root part only a moderate depth, and keep them well watered:

299. Hoe and earth cauliflowers; give water in dry weather; and as the young heads appear, turn down some of the leaves, to defend from sun and rain.

300 This is the time for budding or inoculating apricots, peaches, nectarines, cherries, plums, &c.

301. You may now begin to pipe or lay pinks, carnations, double sweet-williams, young shoots of curious roses, and ever-greens. This is also the best time for propagating wall-flowers, or warriors. Hyacinth bulbs should be taken up. Stock gilliflowers to be planted out, and more sowed. Any flower seeds that are ripe gather in dry weather. If geraniums and myrtles are put in the ground for three or four months, they will grow much more vigorous. Any that are tender may be plunged in the pots.

JULY.

302. Earth up celery as required—in doing this, be careful not to bury the hearts of the plants, by raking down too much earth at once. More celery should be planted out, and to make the best of the ground, cabbages, coleworts, and savoy may be planted between rows of beans, which will soon come off; and endive and lettuce between celery trenches.—Plant out full crops of broccoli, both purple, and white, in rich ground; also cauliflowers for the Michaelmas crop in October and November.—Trim box, yew, and laurel.—Sow lettuce, radishes, black Spanish radishes, prickly spinach, and Welsh onions. Sow early Russian cabbage seed for spring—this sort is not apt to run, and if brought pretty forward before Christmas, will afford fine young cabbages in March and April. Some people sow the common onion now, for next year's crop; I never tried it, so cannot say whether it is a good way or not.—Cucumbers will want plentiful watering now, every day or two, in a morning or afternoon; they need no longer be covered at night, and the frame or glasses may be raised up with bricks at the corners, to give the plants free scope for running.

303. Dig up the ground as fast as it is cleared; and dung such as requires it, for autumn and winter crops.

304. Plant out lettuce, and well water and thin those that

are to remain where sowed. Leave some best full-grown plants, such as acquire a full cabbage growth, before they run up to stalk; otherwise the seed is not to be depended on to produce good full plants in return. (*Offices this.*)—Sow French turnips—the best for broth.—Finish thinning all carrot, parsnip, and onion beds. Water regularly in dry hot weather; and be sure to destroy all weeds before they come into flower; for the seeds soon succeed the flower; and you will have plenty next year, without allowing them to scatter.—Watch all seeds as they ripen, and gather them in in dry weather. Still trim and train vines, and thin the leaves over the fruit; but do not leave it bare. Gather walnuts for pickling and preserving;—and fruit in general as it ripens. Early potatoes will now be in perfection.—Part the roots of auriculas and polyanthes, and prick out seedlings.—Take up bulbs, and separate the offsets. Tulips may be kept out of the ground till November; but all lilies, martagons, &c. should be replanted as soon as possible.—Tie up carnations neatly. Hang a lobster claw, or bowl of a tobacco pipe, on the top of the stock, and clear it every morning of the earwigs that have taken shelter there in the night. They are very destructive to carnations.—Heartsease or pansy; propagate good sorts by cuttings and offsets, well watered.—Sow mignonette for late-flowering, or for keeping through the winter.

AUGUST.

305. Earth up celery, peas, beans, &c. Prick out young plants, such as broccoli, savoys, &c., if not done last month.— Sow cabbage seed for a full crop of young plants to stand the winter, and, for early and first general crops, next summer, any or all of the following sorts:—Early York, sugar-loaf, Battersea, Deptford, Antwerp, large late ^{late} sorts, and red cabbage. Observe, the time for sowing is from the 3d to the 10th of this month, neither earlier nor later, both that the plants may not run in the spring, and yet acquire proper strength to stand the winter. Clear asparagus beds of weeds; but suffer the asparagus to run to stalk and seed. Water cucumbers every day in dry weather. Pickling cucumbers may be gathered.—Plant out esdive in full crops for autumn and winter; and whiten such as is full grown, by laying on it tiles or slates.—Take up shalots and garlic as the leaves wither. Onions arrived to full growth, and the stalks and leaves withering, may now be taken up, spread to dry and harden, and then housed. They keep much best roped, and hung up; but be sure to save some for duck onions: see paragraph 317. Small

button onions, us for pickling.—Throughout this month lettuce seed of any sort may be sown for autumn, winter, and spring. There is no sort stands the winter better than the brown, or Bath-boss. The latter, in particular, grows very large; and if tied up a few days before using, becomes equal to the white coss; which every body knows is the nicest of all lettuce, but the most uncertain, and apt to run. Nasturtiums, kidneys beans, radish pods, &c., for pickling, should be gathered as they advance to a proper size; if suffered to remain too long, they become harsh and unsaleable. Parsley may be sowed early in this month if required; also short top, salmon, and turnip radishes. Sow spinach; the prickly seed and the round seed answer very well mixed together. When the leaves are an inch or more in breadth, thin the bed, and clear it well from weeds. You may gather in October and November; but the chief of the crop will come in in spring. If you choose, you may thinly scatter in your winter spinach bed a little seed of green cabbage lettuce, to cut in winter, or for early spring salads.—Be attentive to gather in seeds as they ripen; and to sow and prick off, as occasion requires, in cabbages, coleworts, cauliflowers, &c. Unbind buds that have taken on inoculated trees. Pinch off shoots that appear below buds or grafts. Trim and train wall trees.—Plant cuttings of laurel and other evergreens in a shady border. Plant out Brompton and queen stocks, where they are to remain. Auriculas in pots should be parted, and fresh potted in rich mould, well watered, and placed in a shady border. Early flowering perennials, now past, may be cut down, as they present a littering appearance; and those advancing for late flowering should be neatly tied up, and supported with sticks.—Lilies, after flowering, may be parted or removed.—Sow ten-weeks and mignonette in pots for winter.

SEPTEMBER.

306. Still sow (if required) spinach, turnips, Welsh onions, and radishes. Prepare ground for planting. Finish clipping evergreens. Sow a little carrot seed; if it lives, it will come in early. Parsnip seed sowed now answers very well.—Cauliflowers, of August sowing, for next year's early and main crops, should now be pricked out into beds of rich earth, about three inches asunder.—Attend to thinning, pricking out, final planting, earthing, and hoeing, as required in cabbages, celery, lettuce, turnips, endive, &c. Weeding is *always* required, if you would have a garden neat or profitable.—If you have any late cucumber plants, they will now

require night covering. Geraniums and myrtles should be taken out of the ground, and taken thence at night, if the weather is cold.—Plant out the last crop of leeks early in this month, and hoe others.

307. Parsnips and potatoes may now be taken up for use as wanted, but not wholly for keeping; they will improve by remaining in the ground at least another month. Slips of sage, mint, thyme, and other herbs, may now be planted out.—Gather seeds as ripe. Water (as required) all newly pricked-out small plants.—Gather fruit as it ripens, for use or store. Most kinds of fruit may be preserved a considerable time on the tree by the use of nets, wool, or crape. Netting is a pretty amusement for winter evenings; and if a net or two should enable you to sell at a high price late cherries, currants, peaches, nectarines, or grapes, it will be pleasantly paid for.

308. Pink and carnation layers or partings, well rooted, should now be planted out for flowering next spring. Plant cuttings of chrysanthemums; they will strike and remain in open ground all the winter; or you may plant many together in large pots for sheltering in severe weather: give them frequent watering.—Plant thrift and box edgings. Plant suckers of roses, lilacs, gooseberries, currants, raspberries, &c., and cuttings of honey-suckles, gooseberries, and currants.

OCTOBER.

309. In this month all sowing and planting should be finished for this year; as many crops are now cleared off, the ground should be filled up for winter to the best advantage. Hand weed or hoe between the various advancing crops. At the end of this month, asparagus beds may be dressed for the winter, by cutting down the stalks now done growth; hoe off all weeds into the alleys, which then mark out the proper width, dig each alley along regularly between the beds, bury the weeds in the bottom, and spread a good portion of the earth evenly over each bed. Manure will be required every two or three years; and this is the season for applying it. Use principally rotted dung; after clearing away the stalks and weeds as above, forking it carefully into the beds, and digging it into the alleys; then spreading some of the earth of the alleys regularly over the beds as you advance in the digging.

310. At the latter end of this month begin using the tops of brussels, Scotch kale, Brussels sprouts, &c.; which, early in spring, will produce a plentiful crop of fine sprouts.—The

main crop of carrots may be dug up at the end of this month; cut off the tops close, and preserve the roots in dry sand, or sandy earth, for winter use. Jerusalem artichokes also are now of full growth, to dig up for use as wanted, or take up a quantity to house for winter.—Carefully hand weed, but do not thin, your young winter crop of onions.—Red cabbage and red beet root are now fit for use. Savoy will also be just coming in. Those greens on which you depend much for sprouts, be sure you gather the heads in proper time, as that strengthens the plant for sprouting.

311. Apples and pears, now becoming ripe, should be carefully gathered with the hand; if shaken down and bruised, they will not keep. The best way of keeping them is on shelves, covered with clean dry straw.—Walnuts and chestnuts, when fully ripe, which may be known by the outer husk opening gradually, should be gathered.

312. Honeysuckles, roses, and other flowering shrubs, may now be pruned. Stick the young shoots of honeysuckle, or of China rose, in the ground, if you want increase, either for yourself, your friends, or for sale. They should have light rich earth, a warm situation, and good watering; and they will strike freely. If you have a spare glass, or oiled light, it may be as well to shelter them from severe weather.—Currant and gooseberry cuttings, and raspberry shoots, may now be planted. Raspberries now require pruning; they are very wild ugly plants if neglected, but very neat and productive if attended to. The same stem never bears two years; but after bearing dies, and should be cut away close to the ground. There will probably be seven or eight new shoots; these must not all remain; they would only encumber one another, and hinder the bearing; three good strong shoots are enough to leave; if not strong, four, or at most five. If you want to increase your stock, carefully take up the whole bunch, and separate the roots. If otherwise, cut all shoots more than the number above directed, close to the ground; tie what are left together, and shorten them, taking off about a quarter of the whole length, more or less according to the height of them. Dig away all straggling suckers, and clean and dig neatly between the plants thus dressed.

NOVEMBER.

313. Sowing is only required in peas, beans, and small salad; but these require a very warm aspect; the small salad, hand-glasses. And after all your trouble and expense, it is ten to one if they succeed. For my part, I don't think them

worth the trial in a cottage garden, where time and room are so valuable.—If the weather continues mild, you may plant out, as occasion requires, cabbages, lettuce, endive, &c.—Clear all beds from weeds, and hoe and loosen the surface of the earth round each plant; this will encourage their growth, and at the same time destroy slugs, and other destructive vermin. The milder the season is, the more these creatures abound. They may be destroyed by scattering fresh lime over the beds which they infest.—Earth up celery, and hoe earth to the stems of broccoli, &c.—Plant garlic and shallots—now or in February.—Cut down old rank parsley, if any remain, that it may shoot out afresh.—Sawys are now in full perfection.—Any vacant ground (but a cottager can seldom afford any) should be dug in trenches two feet wide, and one or two spades deep, burying all the old leaves and other rubbish, and laying the earth of each trench in a rough ridge, to improve by the weather.—If any potatoes remain out, they should now be got in.—Jerusalem artichokes and horse-radish, a portion of each, should be got in, and laid up in sand, lest a hard frost should prevent their being dug up afterwards. All roots should be clean and dry before they are laid up; and should be often looked at and turned, and any that are decayed be removed.

374. Almost any sort of trees may be transplanted through this and the three following months, choosing open weather.—The first sharp frost will cut off all annuals; let them be pulled up. Cut up likewise the dead stalks of perennials, and dig them all into the trenches with the manure.—Cover the roots of newly-planted trees, and tender flowers, with long manure, straw, or saw-dust.—Cuttings of common trees, such as willows, poplars, privets, &c., will do very well now, or any time before they begin to shoot again.—Plant tulip bulbs about the 9th or 10th of November; and most others about the same time.

DECEMBER.

315. This month is almost a repetition of the last; all fruit trees may now be pruned, and shrubs trimmed, that are straggling beyond their bounds.—If you choose to venture early crops of peas and beans, it may yet be done. Hoe and earth between plants.—If you have any cauliflower or lettuce under glasses, give them air freely in mild weather; but keep the glasses down at night, and in frost, snow, or much rain; pick off all decayed leaves; stir the earth gently, and search for slugs.—Earth up celery in dry open weather; and whiten on

dive by tying up, or laying tiles on it.—Keep digging and trenching in open weather, and the ground will thus be improved, and, when wanted for use, requires no further trouble than merely to level down the ridges.—Dry frosty weather is the time for bringing in manure, of which is the same thing, moving it from the heap to the garden.—Plant winter aconites in beds and borders. Anemones and ranunculus may be planted now—but it is a hazard—if they survive the winter, they will flower early and be handsome; but they may be lost.—Auriculas and carnations in pots must be defended from severe frost, snow, or great rains. Potted plants in doors will also require care and attention.—All shrubs may be moved; and, between all shrubs and in flower beds, the ground should be dug, raked, leaves buried, and all kept clean and neat through the winter, and the ground left free for the beautiful young heads of flowers to show themselves as spring comes on.

A FEW MISCELLANEOUS OBSERVATIONS CONNECTED WITH GARDENING.

316. The tree onion is a very useful plant, though not very generally known; so also is the tree leek. In the same manner as the common onion or leek forms a seed pod at top, they form a cluster of young bulbs or roots. Those of the onion are much esteemed for pickling and for sauce, and will fetch a higher price in the market than the common pickling onions; they also come in earlier in the season. The top produce of the leek tree is only used for propagating a future crop; about the latter end of May, as they advance, you may begin to draw them off, and plant them either in beds or borders. As you remove some, the others will advance; and you may go on for several weeks, planting out, until your garden is sufficiently stocked;—they will require no further attention; and from March to June the following year (just the time when onions are scarce) will afford you fine white heads, fit for soup, sauce, or any other purpose of onions. In case of a failure of the onion crop, these leeks are particularly valuable.

317. *Duck onions*.—Why they are so called I do not know, unless it be that they come in just in time for seasoning young ducks, when old onions are past, and the young ones scarcely come in. If you wish to have these, you will save a few small, firm, round onions from your picklers; and in February plant them out in rich earth, about four inches apart; as fast as they spring up, nip off the young shoots, and instead of

running to scallions, the roots will grow large and round, like the best Micham's onions. They will be fit for use from May to July.

318. *Radishes*.—If you wish them to grow quickly and straight, and eat tender, let them be well watered every day, when the sun is on them.

319. *Cabbage*.—The best sorts of cabbage for a cottage garden are early and late Yorks, early and late sugar-loaf, early Russian and Battersea. The best winter greens are scarroys, Brussels sprout, Scotch kale, and ragged robin. These will keep up a plentiful supply from November till May.

320. *Saving seeds*.—It is a great matter to have good pure seeds, free from any mixture; without this you will never have good profitable plants. This cannot be obtained, if plants of different kinds are allowed to stand for seed near each other. In order to secure it, the best plan is for several cottagers to agree among themselves, and each raise one kind of cabbage, and one kind of lettuce seed only. His crop will be amply sufficient to supply his neighbours, and from them he may expect in return sufficient for his purpose of other sorts.

321. *Potatoes*.—"No vegetable answers better to the cottager than good potatoes: one great reason why people have bad potatoes is, because they take their sets from the small potatoes, thinking they will do as well to set; but, to have a fine crop of potatoes, you should always take the eye from the middle of the best and finest potatoes. The eyes at the top of the potatoes are the next best; the remainder of the potatoe will do to dress as well as any other. If your potatoes sprout when laid up for the winter, which they should not do, the shoots, if strong, will make good plants.

322. "With respect to laying up potatoes, the following method has been found to answer well:—As early in October as they are ripe, dig them up as dry as possible, and lay them in a heap, ridged up and covered with straw; cover the straw with earth, thatch it with stubble or straw, and then again cover it with earth. In March or April, or soon after the first warm spring weather, take them out; and, if properly done, they will not have sprouted or cankered.

323. "The following are good sorts of potatoes:—for *first early*, the cockney ash leaf, Fox's seedling, and early manly; for *second early*, bonesuch, and early champion, particularly the last. Perhaps the best sort of all is a new one, called the Bread-fruit potatoe, with which Heligoland beans may be profitably cultivated, by sowing them in the channels with the potatoes: they ripen at the same time, without injuring the

crop of potatoes. This intermediate cropping will often be found profitable, and it admits of the spaces between being dug and manured, if necessary; thus, if Windsor peas and beans are sown at five feet distance in the rows, potatoes may be planted between them, which will fill the ground when the peas and beans are over. If early York and Battersea cabbage is planted thus, two rows at eighteen inches distance, and a space of three feet left between those and the next two, any spring crops, as leeks, kidney-beans, lettuces, or peas, may be put between them. While potatoe plants are small, any quick growing crop may be planted in the spaces they will occupy when full grown. Early potatoes should be planted in the second or third week of March; some late potatoes should be planted the same time as the early ones, and the rest in April."

324. *Hot beds.*—For this purpose fresh horse stable-dung is the best. A notionless cottager might say, I have no stable; I keep no horse; where can I get hot dung? But his neighbour, who has a spice of gumption, knows very well that any one who has a stable will be glad to exchange with him hot for rotten dung; of which, if he keeps animals, and has a tank, he will be sure to have plenty. Lay the long and short warm moist litter, forking it up in a heap to mix all parts equally; let it remain a week or a fortnight, turning it over. After this, dig a square pit to the size required, and about eighteen inches or two feet deep. Then lay in dung, from two feet and a half to three and a half in depth, and place the frame on. After some days, earth the bed within the frame, with light, rich, dry mould, to the depth of six or eight inches; in which, when become of a moderate lively heat, sow or plant as required. Some persons make hot beds as early as January or February, for raising many early crops; but as your purpose probably is only to raise cucumbers, and forward a few other things, as opportunity offers, for these purposes the end of March or beginning of April will be quite soon enough.

325. *Cottage hot beds.*—A convenient size for a cucumber frame is six feet by three feet. Elm is the cheapest wood of which it can be made, and, if well painted or covered with the following cheap preparation, will be rendered sufficiently durable. (See par. 326.) For a frame of the above dimensions, four boards will be required, the back six feet long and twenty inches wide, the front six feet long and fourteen inches wide, and the two sides three feet long, having the ends square with the bottom edge, but tapering from fourteen

inches to twenty inches on the top. Having nailed or dovetailed these pieces together, a bar should be fastened across the top in the middle, and a thin piece nailed on the outside of each end to project about an inch to receive the lights, which may be made as follows.—Make two frames of deal, each should be three feet square, and on them fasten common calico with tin tacks, and soak the calico with linseed oil. Dig a trench the size of your frame, in which to place the manure. The bed should be made about eighteen inches above the surface of the earth, to allow for its sinking down, and the mould with which it is covered should be about three or four inches deep.

326. Recipe for a fire and weather proof composition, a substitute for paint, applicable especially to hot beds.—Fine sand one part, fine wood ashes two parts, slaked lime three parts, to be ground up with linseed oil, and put on with a painter's brush, first coat thin, second very thick.

327. *Asparagus beds*.—To these allot a space of the best mellow ground, well dunged several inches thick, and trenched in a spade deep. Let each bed be four feet and a half wide; the plants should be those of last year, or not exceeding two years at most; plant them four rows lengthways in each bed, in drills or small narrow trenches five or six inches deep, cut out with a spade, forming thereby one side of each drill upright; to setting in the plants against the upright side, a foot asunder, with the crown of the roots about two inches below the surface, covering in each drill as planted equally with the earth; and then rake the surface of the beds lightly over. They will produce in three years, not earlier; but the same plants will yield many years in succession, from the end of April to the beginning of July. They should then be permitted to shoot up to stalk till the end of autumn, when the stalks should be cut down and the beds cleared and landed up. Between the beds should be alleys of a foot or eighteen inches wide. When the autumn dressing is to be performed, cut down the stalks, and hoe off all weeds into the alleys, which then mark out the proper width; and digging each alley along regularly, bury the weeds as you advance; and at the same time spread a good portion of the earth evenly over the bed. Once in two or three years some rotten dung will be beneficial; it should be laid both on the beds and alleys, forked carefully into the beds, and dug into the alleys, spreading some of the earth from the alleys over the beds as you advance in the digging.

328. *Grafting*.—Previous to grafting you must be pro-

vided with a proper grafting knife, a quantity of strong bass strings for bandage; to tie the stocks and grafts firmly together, and some well-wrought clay, to fix round over the tying, and to secure from air and wet. The stocks intended to be grafted must be headed down. If for dwarf trees, walls, or espaliers, must be headed within five or six inches of the ground; if for standards, at five or six feet high; and for half standards at one, two, three, or four feet.

The most common method of grafting is called *Whip-grafting*. It is performed in the following manner:—The stocks for this purpose should be small, from half an inch (or even less) to an inch thick. For the grafts or scions, choose vigorous shoots of last year's growth of a tree in full bearing. Having headed the stock as above directed, choose a smooth part, and then cut away the bark or rind, with part of the wood, in a sloping direction upwards, about an inch and a half or two inches in length; then, having the scions cut into lengths of four or five eyes in each, prepare one to fit the stock as above, by cutting it also a little sloping, so as exactly to fit the cut part of the stock, as if cut from the same place; that the rinds of both may nearly join in every part; then cut a slit or tongue about half an inch in length upwards in the scion, and cut a slit the same length downwards in the stock, to receive the said tongue; in this manner fix the graft into the stock, taking care that the rind of each may meet as exactly and evenly as possible in every part. Having thus fixed the graft, let it be immediately tied with a string of soft bass, bringing it in a neat manner several times round the graft and stock, taking care not to displace the graft from its due position. Let the bandage be neatly tied, and immediately cover the place with some grafting clay, observing to bring the clay an inch above the top of the stock, and rather below the bottom of the graft; leaving a due thickness on every side of the graft and stock, making it into a roundish, oval form, and taking care to close it well in every part, so that no wet, wind, or sun can enter. The grafts must now and then be examined, to see if the clay any where falls off or cracks; if it does so, it must be renewed with fresh clay. By the latter end of May, or beginning of June, the grafts and stocks will be firmly united. The clay may then be carefully removed, and the bandages loosened a little.

Cleft-grafting is so called, because the stock is cleft, and the graft put into it in the following manner:—The stock should be from one inch to two inches, or rather more, in thickness. With a strong knife cut down the head of the

stock very smooth and flat; then cut away part of the stock, about an inch and a half, in a sloping manner upwards; so that the top of the stock shall be reduced to about half an inch in breadth. This done, prepare your scion or graft. Let it be eight or ten inches long, and having several buds or eyes; then with a sharp knife pare away the bark and some of the wood at the lower end of the graft in a sloping manner, about an inch and a half or two inches in length. Do this on two sides, so bringing the graft into a wedge-like shape, but let one side of it, which is to be placed outwards on the stock, be left double the thickness of the other side, and with the rind continued thereon. The graft being prepared, take your strong knife, and place it in the middle of the stock, cross-ways the top of the sloped part, and with a small mallet, &c. strike the knife to the stock, observing to cleave it no farther than what is necessary to admit the graft readily; then place the knife, or some small instrument, a little into the cleft, at the sloped part of the stock, to keep it open for the reception of the graft, which then directly introduce into the cleft on the upright side of the stock, at the back of the slope, inserting it with great exactness, as far as it is cut, with the thickest edge outwards, and so that the rind may meet exactly every way with the rind of the stock. The graft being placed, then remove the knife or wedge, taking care not to displace the graft; this done, let it be tied and well clayed in the manner directed as above, in the work of whip or tongue grafting.—Or if, in this cleft-grafting, you choose to put in two grafts, it may be performed on large stocks, which must be twice cleft, the clefts parallel to each other, and so fix the grafts in the stock, as above.—This kind of grafting may likewise be performed on the branches of trees that already bear fruit, if you desire to change the sorts.

Crown-grafting is so called, as sometimes three, four, or more grafts are inserted round the crown of the stock, in a circular order, introduced betwixt the bark and the wood.—This way of grafting is commonly practised upon such stocks as are too large and stubborn to cleave, and is often performed upon the branches of apple and pear trees, &c. that already bear fruit, when it is intended to change the sorts, or to renew the tree with fresh bearing wood.—The manner of doing this sort of grafting is as follows:—First, to cut off the head of the tree or stock level, or of any particular branch of a tree which you intend to graft, and pare the top perfectly smooth; then prepare your grafts, which is done by cutting one side flat and a little sloping, about two inches in length,

making a kind of shoulder at the top of the cut, to rest on the head of the stock; and pare off only a little of the bark toward each edge of the other side of the graft; then prepare to insert it, which, in this order of grafting, must be effected by introducing the cut part down betwixt the bark and wood of the stock; first slitting the bark or rind from the top downwards, clean through to the firm wood, two inches or two inches and a half in length; and having a small thin wedge of iron or wood, and opening the rind of the stock a little at the top of the slit, introduce the wedge gently down betwixt the wood and rind, far enough to make way for admitting the graft; then drawing out the wedge, insert the graft into that part with the cut sloped side towards and close to the wood of the stock aforesaid, slipping it neatly down the length of its cut part, resting the shoulder thereof, prepared as above, upon the top of the stock; and in this manner you may put four, five, or more grafts, as may seem convenient, upon each stock, and bind them round with strong bass.—When the grafts are all thus fixed, you must then immediately apply a good quantity of well-wrought clay, bringing it close about the stock and grafts, observing to raise it at least an inch above the top of the stock, in a rounding manner, so as to throw the wet quickly off, and prevent it lodging or getting into the work; which would ruin all.—Those trees which are grafted this way generally succeed prosperously; but for the first year or two after grafting, the grafts being liable to be blown out of the stock by violent winds, this must be remedied by tying some firm sticks to the body of the stock or branch that is grafted, and the grafts tied to the sticks.—The best time for performing this kind of grafting is in the last week in March, or the first week in April; for then the sap will begin to be more in motion, which renders the bark of the stock much easier to be separated from the wood, to admit the graft.

Another way of grafting, occasionally practised, is called *Inarching*, or *Grafting by Approach*; but it is not eligible for any general practice, only chiefly for particular trees as do not propagate freely by any other method, and for some occasions of curiosity.—The stocks employed for the purpose of grafting are raised either from seeds, as the pips of apples or pears, stones of plums, &c.; or from suckers shooting round an old tree. The best sorts of apples to graft from, are the Woodstock (or Blenheim) orange, Ribstone pippin, pearmain, royal, russet, nonpareil, and margill.—Of pears, the jargonelle, summer bergamot, swan's egg, buerre, colmar,

and cressants.—Let your stocks be raised from large and late ripening fruit. The fruit from grafts on such stocks will be found much larger and richer in flavour; though later in ripening, than when the grafts are set on stocks from early ripening apples.—In some few sorts, as the codlin, nurse-garden or creeper, and hawthorn-dean, suckers will bear without grafting. They will also strike freely from cuttings; so will the Woodstock orange, one of the finest, most sure bearing, and long keeping of apples now grown.

329. *Budding or Inoculating* is performed in the following manner:—Mind that the cuttings from which the buds are to be taken be cut from fruitful, healthy trees, and such as shoot moderately free.—Plums should be budded upon plum stocks, raised from the stones or suckers. Pears succeed best when budded upon pear and quince stocks, raised by sowing the kernels; but the quince stocks are also raised from cuttings, or by layers or suckers from the roots of the trees.—The quince is the proper stock whereon to bud such pears, as are intended to be dwarfs for walls or espaliers; and those for full standards should be budded on pear stocks, or upon quince stocks for small standards, and on which they will generally bear sooner.—In performing the operation of budding fruit trees, regard must be had whether the tree is intended to be a dwarf for the wall or espalier, or for a standard; and must be accordingly performed lower or higher in the stock; but remember that the head of the stock is not now to be cut off.—The manner of performing the work of budding; or inoculating, is this:—In the first place, be provided with a proper budding-knife, or sharp pen-knife, with a flat ivory haft. The haft should be somewhat taper, and quite thin at the end; which knife and haft is to be used as hereafter directed. And also provide some new bass mats for bandages; and let this, before you use it, be soaked in water.—In the next place, you are to provide a parcel of cuttings of the respective trees from which you intend to take the buds: these cuttings must be shoots of the same summer's growth, and must be cut from such trees as are in health, bear well, and shoot freely; minding to choose such shoots as have middling strength, and are free in their growth, but not luxuriant.—Having your cuttings, knife, bass, and every thing ready, then proceed in the following manner:—Having recourse to the proper stocks for budding, the buds are to be inserted into the side, one on each stock, at the height before explained; the heads of the stocks to remain entire for the present, and continued till next spring; only, preparatory to

the budding, to cut away now any lateral shoots from the stock, near where the bud is to be inserted: then, in a smooth part of the side of the stock, with the above-mentioned knife, make a cross cut into the rind or bark quite to the firm wood; then from the middle of the cross cut let another be made downwards, about an inch and a half or two inches in length, so that the two cuts together form a T, in which insert the bud.—Then get one of your cuttings or shoots, and take off the bud in this manner:—You are to begin toward the lower or biggest end of the shoot; and, in the first place, cut off all the leaves, but observing to leave part of the foot-stalk of each remaining; then, about an inch below the lower bud, or eye, make a cross cut in the shoot, almost half way through, with the knife slanting upward, and with a clean cut bring it out about half an inch above the eye or bud, detaching the bud with part of the bark and wood thereto. Then immediately let that part of the wood which was taken off with the bud be separated from the bark in which is contained the bud; and this is readily done with your knife, placing the point of it between the bark and wood at one end, and so pull off the woody part, which will readily part from the bark: then quickly examine the inside to see if the internal eye of the bud be left; for if there appears a small hole, the eye is gone with the wood, and is therefore useless: take another: but if there be no hole, the bud is good, and is to be immediately inserted in the stock; observing, for the reception of the bud, to raise gently with the haft of your knife the bark of the stock on each side of the perpendicular slit, from the cross cut above, and directly introduce the bud with the bark side outward, inserting it gently in between the bark and the wood, placing it as smooth as possible, with the eye of the bud in the middle, and with its central points upwards; observing, if the bud be too long for the incision in the stock, shorten it accordingly, when inserted, by a clean cut of the knife, so as to make it slip in readily, and lie perfectly close in every part.—Having thus fixed the bud, let the stock in that part be immediately bound round with a string of new bass mat, beginning a little below the cut, and proceeding upwards, drawing it closely round to about an inch above the top of the slit; but be sure to miss the eye of the bud, bringing the tying close to it below and above, only just leaving the eye of the bud open: tying the bandage close and neatly: and this finishes the work for the present.—In three weeks or a month after the inoculation is performed, the buds will have united with the stock, which is discoverable by the bud

appearing plump; and those that have not taken will appear black and decayed: therefore let the bandages of those which have taken be loosened; and this is done in order to give free course to the sap, that the bud, according as it swells, may not be pinched; for were the bandages suffered to remain as first tied, they would cramp the buds, and spoil them. To prevent this, it would be most advisable to loosen them all in about three weeks, or, at farthest, a month after budding; which concludes the work till next March; as until which time the bud remains dormant, then it shoots forth with vigour.—At that time, that is, the beginning of March, you are to observe, that as the heads of the stocks are still remaining, they must then be cut down near the place of inoculation, that the whole nourishment may go to that part, for the growth of the advancing bud shoot to form the future tree; therefore, observing to cut down or head each stock either about a hand's breadth above the insertion of the bud; and this part of the stock left above may remain till next spring, and will serve whereto to tie for support the main shoot which the bud of inoculation makes the first summer; or you may head the stock down at once almost close near the bud, or but a little above, cutting behind it in a slanting manner upward.—The most general season to bud or inoculate is from about the beginning and middle of June, till near the same time in August, according to the forwardness in growth of the shoots of the different trees you would bud from.—Plums, apricots, peaches, and nectarines are thus propagated. Plums may be budded on sloes or plum suckers; apricots on their own or plum suckers; peaches and nectarines on almond stocks.

330. *Laying*.—Figs, vines, filberts, and mulberries are thus propagated. Also some favourite evergreens and flowering shrubs, as laurustinus, arbutus, pyracantha, and others. The method of performing this is, by taking a young branch, making a slit in the bark, on the under side, just at an eye, and at such a distance from the stem as will allow of its being forked down some inches below the surface of the ground; from this slit roots will strike, and the following season, if required, the laid plants may be separated from the parent stem and removed. Exactly in the same manner carnations are propagated, and choice sorts of sweet-william, and others.

331. *To strike Pinks*.—The best time of doing this is when the old plants are in flower; and if you have a hand glass or oiled light, the following is the best way of doing it:—Into the space of earth you intend to occupy dig an equal quantity

of sand, and water it till it is about the consistence of stiff batter; then fix your glass on, to make a mark exactly to the extent of your room; with a small dibber make holes over this square, at the distance of an inch from each other; have ready your slips, pulled from different sorts of pinks, (they might as well be good sorts as bad ones,) mule pinks, &c. Let them be neatly trimmed; the shabby outside leaves picked off, and the tips of the other leaves clipped; plant one in each of the holes, pressing the mould to it with your fingers; then fix your glass firmly on, and plaster some wet mould round the edge of it, so that no air may get in. The glass may be shaded a little in the intense heat of the sun, but do not lift up the glass until you perceive that the pinks have struck and are growing; it may then be lifted up; the space weeded and watered, and earth loosened; air freely admitted; and in a few more days the glass need not be returned. These should be planted out in autumn in borders for flowering in the following spring.

332. *Larkspurs.*—To have this beautiful flower in perfection observe three things. First, The seed should lie a long time in the ground; the best time for sowing it is about the turn of the year, or the first mild weather that presents afterwards. Secondly, The finest larkspurs grow in an onion bed: if not too thick, they will not injure the crop of onions. Thirdly, They do not well bear transplanting; they should be sown where they are to flower, and when they come in blossom, be on the watch to pull up any single, shabby ones, as they appear.

CHAPTER X.

OF THE MANAGEMENT OF INFANTS.

333. IN the management of children, attention must be paid to their food, sleep, clothing, cleanliness, and exercise,—and constant care and watchfulness will be found necessary.—As soon as an infant is born it should be wrapped in a piece of fine soft flannel. If the flannel is not very fine, a piece of soft linen or calico should be tacked in the centre—as flannel, except the very finest sort, though proper to keep the body warm, is rather too harsh to come in contact with the skin

of a new-born infant. It should not be suffered to remain long before it is washed and dressed. The greater number of those affections of the lungs which appear in young infants, result from neglecting to wash and dress them for some time after the birth, from laying them where they are exposed to a current of air, and from the common, but most absurd and mischievous practice of washing the head with spirits. I have often found it difficult to restrain old nurses from doing this, and have pressed them to tell me *why* they considered it necessary or desirable. The general answer has been, to prevent its taking cold. This is a great mistake—very few persons would think it proper to wash the head of a new-born infant with cold water; but the use of gin or any other spirit is much more preposterous, and occasions a higher degree of cold than if cold water alone were applied. It is also irritating and painful to the tender skin.

334. A new-born infant should be well washed with a soft sponge, warm water, and soap; and perfectly dried with a soft towel.

335. The navel being properly secured with fine rag, a strip of new flannel, four or five inches deep, should be gently passed round the bowels. This bandage should be continued several months; it is frequently left off at the end of two or ~~three weeks~~, and the child in consequence is often seized with violent cold, and bowel complaints, which bring on fits and ruptures.

336. The dress of an infant should be light and moderately warm; all tight bandages are hurtful. It is of great consequence to keep the chest, bowels, and feet warm.

337. Strings are often recommended instead of pins; but a child cannot be neatly dressed so; and it must be a careless, clumsy mother indeed who cannot pin her child's clothes securely. Where a pin is to be applied, let the nurse slip her left hand between the clothes and the child's flesh, and then turn the pin in and out several times, as she would in darning a stocking. This will answer the threefold end, of preventing the clothes being too tight—the child being pricked—or the pin dropping out. When we hear of pins dropping into the child's food, we may in general conclude that they were carelessly stuck—very probably in the nurse's cap or side—as slatternly and dangerous a practice as can be imagined.

338. Half a tea-spoonful of castor oil, with a very small quantity of soft sugar, may be given in order to open the bowels;—this cannot be injurious, though it is not in all cases necessary.

339. The breasts of infants sometimes appear swollen—and it has been a too common practice of nurses to squeeze them in order to press out a fluid;—this is never necessary, and always injurious. These swellings generally subside in a few days; if they should not, they may be bathed with warm water; or a little salad oil (warm) very gently rubbed in, morning and evening.

340. The first food an infant takes should be that which nature has provided for it—its mother's milk. It is a groundless and injurious notion, that the child ought not to be permitted to suck at first, either because there is not yet a supply of milk, or because the first milk is supposed to be unwholesome. The answer to both these notions is—the child's sucking is the very way to bring the milk,—and the first milk, so far from being injurious, is highly medicinal; let the child have plenty of that, and *nothing else*, and it is not likely to want any other medicine. If this one rule be steadily attended to,—that the child is to be applied to the breast as soon as possible after it is born, and applied again and again, at the interval of a few hours, as often as the mother's strength will admit, until it sucks freely,—both mother and child will be spared a vast deal of unnecessary fatigue and suffering.—But when a child is kept back a day or two from the breast, and supplied with other food, it then refuses to make the attempt at sucking,—as the breast becomes full and hard, the difficulty increases,—perhaps suckling is even rendered impossible; the mother suffers from broken breast, or milk fever,—and the child perhaps perishes from want of its proper nourishment. Many such instances have occurred, which might have been easily and altogether prevented by a timely and persevering application of the child to the breast.

341. There is nothing more essential to the health and comfort of an infant than thorough cleanliness. All children from the time they are a week old should be thoroughly washed twice a day. The whole body ought to be washed in the morning, and the lower half at night; for the first week or two the child should be taken off the water; afterwards it may and ought to be used perfectly cold. A large soft sponge is the best thing to wash a child with. Every morning, after it has been carefully cleaved behind the ears, in the folds of the neck, &c., let the nurse hold it gently inclining over the basin, and several times filling the sponge, discharge the water over its head, then rub it thoroughly dry, and tie on a flannel cap, while it is being dressed; on removing the flannel cap, let the hair be brushed, not combed: children thus used will be found,

unusually free from colds in the head, and snuffles, a distressing complaint to which most children are liable; as well as from many filthy diseases, which often begin only in the negligence of nurses.

342. The skin of a very young infant, when wiped thoroughly dry, should be dusted with hair-powder, or lapis-powder, sifted through muslin; nothing wet should be allowed to remain on. Its clothes should be entirely changed night and morning. It is impossible to wash it thoroughly, or dry it properly, unless it be done entirely naked. Few parents are so poor as not to have at least two sets of clothes for their child. Those who are may always get supplied by lying-in charities or benevolent institutions, now happily established, it may be hoped, within the reach of every case of real distress. Let one set be worn for the day, and one for the night, and, on being taken off, carefully dried, rubbed soft where any part may have become harsh with perspiration or drivelling, and folded up. This change is refreshing and healthy, and need not occasion any additional washing; the things which have been worn two days will afterwards serve two nights, and no cleanly person would wish a child to wear them longer. Linen should be most carefully aired, but not put on warm. Warm linen is weakening. As early as possible children should be accustomed to habits of cleanliness themselves; and it is astonishing how soon those habits may be formed, by attention, regularity, and perseverance on the part of the nurse.

343. Children who are thus kept constantly clean, and washed in plenty of cold water, will scarcely ever suffer from that troublesome complaint of infants, a chafing of the skin in the folds of the neck, armpits, and other parts. If however at the time of bathing a little heat and chafing should arise, it will easily be cured by applying two or three times a day a little fullers' earth, after washing the part with warm water. Some persons recommend thin gruel, and others starch, for this purpose, and with some children they answer very well, but with others they disagree. I never knew the fullers' earth disagree with any child, or fail of effecting a cure, if at the same time proper cleanliness was attended to. When cleanliness has been neglected, powerful medicines will by no means supply the deficiency; and I have often been grieved when a poor woman or child has come into a druggist's shop for 'a pennyworth of powder of tutty,' or 'a pennyworth of precipitate powder.' The nurse who finds it necessary to keep such things is almost always one who has neglected her own duty, and unless she returns to that, all the medicines in

the druggist's shop can do very little for the comfort of her babe, and may prove seriously injurious, from her injudicious and improper application of them. I recollect a poor child losing its life in consequence of the mother using (for this very complaint) white precipitate instead of sed. She most likely did not know that there were more sorts than one, so took which the shop-boy happened to give her, and applied it to the poor babe, who after a few hours died in great agonies. The manner of preparing the fullers' earth for the purpose recommended, is by pouring on it boiling water in such quantity, that when dissolved, it is about the thickness of stiff batter; it should be left to cool, and applied quite cold.

344. Many children have been killed, and many more rendered unhealthy, by the very improper custom with some nurses of giving them spirits (whether in the form of gin, peppermint, anniseed, &c.) in their food. How such an unnatural notion first came into the minds of nurses is to be wondered at. Too often it will be found that those who use these things like them themselves, and so fancy they must be pleasant and good for their children, though the fact is, they are poisonous to both. The common excuse assigned for these practices is, 'It will comfort the child's bowels, and make it sleep.' But let a child be properly fed, that is, (during the first four months at least,) entirely upon the breast, if possible; if not, only upon food of a proper kind, and given in proper quantity, and it will scarcely know any thing of wind and gripes with which some children are so dreadfully tormented; its bowels will not want 'comforting;' and if it is healthy and comfortable, nature will incline it to take as much sleep as is necessary and beneficial. The fact is, nine times out of ten, ignorant nurses make children ill with their food, and kill them with their physic; for when the spirit bottle is in the cupboard with the pap dish, the Godfrey's cordial, or syrup of poppies, or something of the same kind, will generally be found not far off.

345. As the mother's milk is the first, so it should be for several months the principal food of the child. There are no children so thriving and healthy, so well fitted to endure the diseases of childhood, and so likely to grow up with vigorous constitutions, as those who have lived for the first six or nine months upon the milk of a healthy mother. Mothers in general enjoy good health while they suckle, and when they do so, they had better suckle a child thoroughly than half do it; it is very injurious to both mother and child when the milk is allowed to remain six or eight hours without being drawn off.

A poor woman who has been out to work and left her child all day, or nearly so, although it may have been kept quiet by feeding during her absence, will find it, after sucking, become uneasy and disordered; and so will a fine lady who has been out taking her pleasure. They will also have experienced very uneasy and injurious sensations themselves, in consequence of the long confinement of the milk.

346. If a mother is really weakly, and has not a sufficient supply of milk for the nourishment of her babe, a little food will be necessary. If so, nothing is better than equal parts of grit gruel and cow's milk, or food made of flour which has been dried in an oven, and then made the same as directed for milk porridge. The less of sugar that is given, the better; it is apt to turn sour on the stomach, and at any rate it is using the child to an expensive habit. At least half of the daily meals should be flavoured with salt rather than sugar. A little salt is good for the bowels, and prevents children becoming wormy. Food that has either sugar, salt, or milk, should never be re-warmed, or it becomes very unwholesome. Afrow root and sago are very good food, but very expensive.

347. But though I have pleaded for a child being suckled, and thoroughly suckled, I do not plead for its being *long* suckled. Many poor women ruin their constitutions by long suckling, perhaps even under very improper circumstances. I do not think that any child is the better for being suckled longer than nine or ten months, and most children might safely be weaned rather earlier; but this seems to be about a reasonable time. The sooner they can be broke of taking any thing in the night, the better; a little milk and water the first few nights of weaning will be quite sufficient.

348. Children ought not to be rocked, either when asleep, or to lull them to it; it is both unnecessary and hurtful. If a child be well nourished and free from pain, it will sleep in the day time as much as is necessary to its own welfare; and if it be not quite enough to suit the mother's convenience, she must comfort herself with the reflection that the liveliest children are soonest out of hand; and as for night sleeping, let the mother take it upon her arm, and allow it access to her bosom, its natural cradle, and she will rarely have to complain of its sleepless nights. There is nothing more wonderful and pleasing than to observe how instinct teaches a mother to manage her babe in the unconscious hours of sleep, turning it over, from side to side, in perfect safety, without breaking her own slumber. Children who have been thus nursed

during their early months, will generally, when properly weaned, sleep the whole night without interruption.

349. Children should be accustomed to go to bed at an early and regular hour; this will be found beneficial to both their health and temper, and to the general comfort of the house. When I see fretful, ill-managed children down-stairs at nine or ten o'clock at night, I conclude it is to indulge the mother in morning laziness, and expect to see in all her concerns evident marks of their being managed by an indolent slattern. It is a good maxim both for parents and children—

'Early to bed, and early to rise,
Is the way to be healthy, wealthy, and wise.'

350. As soon as a child has a notion of holding any thing in its hand, it should be supplied with a piece of upper crust of bread. This is very nourishing, besides being a cheaper and safer gumstick than coral or sealing wax, and more efficacious than all the crooked sixpences and anddyne necklaces in the kingdom.

351. All kinds of cakes, gingerbread, and sugar-plums are very injurious; the common sugar-plums sold in the shops are principally composed of actual poison. Raw apples also are very injurious; they will lie undigested in a child's stomach for days and even weeks, and will often occasion very unpleasant breakings out, besides weakening the stomach and bowels.

352. Children should not be allowed meat, until they have cut most of their teeth, and can run alone; the first is necessary to their chewing, the other to their digesting it; even then it should be shred very small, and they had better have it only every other day.

353. When first children are weaned, and for some time afterwards, the best food they can have is milk. If they are relaxed in their bowels, let the milk be thickened with rice or flour; if they are confined in that respect, oatmeal and bread are preferable; a roasted or coddled apple is also good in this case; a little broth will vary their diet. Flour puddings are apt to lie heavy in the stomachs of young children. Potatoes, if given them, should be carefully mashed and separated from every lump. Sopped bread is a poor bloating kind of food; they had much better chew the bread dry, and have milk or water to drink. The best drink they can have is water, or milk and water. Beer and wine are always hurtful to them. Wine is for the sick, and beer for the labouring. Don't let me be mistaken here; this will be further spoken of

hereafter; but if these things are given to children, it is very likely that they will become sickly, and very unlikely that they will live to be laborious. If they live to grow up at all, they will most likely be the prey of disease and bad habits.

354. As to the exercise of children; while very young it will be most safely taken in the nurse's arms; let them be frequently dandled about in a lively yet gentle manner—let them also be talked to and amused. It is pleasant to observe how soon they begin to take notice, and the time employed in playing with and amusing them is well bestowed; a child well nursed for the first few months acquires skill and strength much sooner, and is able to shift for itself at an earlier age, than one that has been neglected. All violent noises, and rough shaking or jerking, should be avoided; they can do no good, often frighten a child, and sometimes produce serious and incurable disorders.

355. Night and morning, when a child is undressed, it should be allowed a few moments to stretch its limbs and play about naked; (care of course must be taken that it is not exposed to drafts or chills;) the mother also should gently rub its body and limbs, and encourage it to move, and kick, and stretch about at pleasure.

356. Children should be chiefly carried in a lying posture until they become so strong as to rear themselves up; otherwise there is a danger of injuring the chest and distorting the back bone by the pressure of the nurse's hand.

357. A child should be very early accustomed to lie on the floor; this at once relieves the nurse's arms, and promotes the child's growth and strength. A decent, careful mother will have an old piece of carpet or baize, on purpose to spread on the floor for the child to lie or crawl on. Mind, though I recommend that a child be *laid* on the floor, and allowed to *crawl* there when it acquires strength so to do, I do not approve of letting it *sit* on the floor, or sit at all; this makes a child lumpy and ill shaped; the other stretches and exercises its limbs. Nor, though I would have it laid on the floor, would I recommend its being *left* there; an older child should be set to play with it gently. The mother too should keep an eye upon it; and in the midst of her employment often turn round to see that it is safe and happy.

358. All kinds of leading strings, go-carts, ploughs, and swings are improper, and often occasion misshapen and weak limbs. All attempts to make a child walk before it has acquired sufficient strength and skill, are wrong and foolish; it is a pity there should be any pride and emulation among

mothers to make their children walk at an earlier age than those of their neighbours; and a pity, indeed, that a nurse's back should ache in trying to make them walk at all. All children, who have health and the use of their limbs, when they become strong enough, will be sure to walk of their own accord, and it is curious to observe the progress of the little creatures. After being laid on the carpet several weeks, the first time the child turns itself half round, it gives a lively crow, as if amazed and delighted at its own dexterity and success; presently it tries a little further, gets completely round upon its hands and knees, and cooes to the flowers upon the carpet; it soon advances, to carry itself forward (by a motion resembling that of a frog swimming) in pursuit of its ball. In time it raises itself up by a chair, and supports itself there, using the chair as a table for its playthings. By degrees it depends less and less upon the chair, for support, and at length takes courage and ventures to walk across the room, delighted with its newly-discovered power. Such a child, not having been forced beyond its strength, and having acquired its skill by experience, never forgets what it has learned; from that moment it is as easy for it to walk upon level ground, as it would be a year or two hence. It is amusing to observe how this child will deliberate upon any thing it meets with out of the common way; a step, for instance; it will not rush down heedlessly, as a child would do, who had just learnt to walk by means of leading strings, or of the nurse's arms, but it will either turn back, as if satisfied that the exertion was too great for its powers, or else, bringing hands and knees into employ, will gradually and carefully let itself down without injury. A stool or a box standing in the way, over which a little heedless nurse-taught creature would stumble and severely hurt itself, this child will either walk carefully round, or push out of the way. It will also learn in a very short time to go up and down stairs with perfect safety, while the child who had by its nurse's exertions been made to walk a month earlier, being weak, and yet ignorant of its weakness, timid, and yet heedless, is continually exposed to blows and falls, and is perhaps discouraged and thrown off its feet, and in the end made two or three months backward than the other. These remarks may be permitted from a mother whose five children have never been taught to walk at all, but have been treated exactly in the manner here described; one of the five ran alone at eleven months old, and the other four between that period and thirteen months; not merely ran once across the room, but from that moment felt

themselves in full possession of the power of walking; not one of them ever had a fall in consequence of running or attempting to run alone; and before two years of age every one of them could go up and down stairs with ease and safety.

359. A child should not be laid down to rest immediately after being suckled or fed, but should be kept in gentle exercise until it throws up a little wind, otherwise its sleep will be disturbed, and even fits may be brought on from fulness and oppression. Particular attention is necessary to this, when from any cause the child may have been longer without food, and received it with more than usual eagerness. I recollect a decent hard-working woman, a 'laundress, who being busy ironing, was loth to be taken from her work to give her child the breast; at length when she sat down to tea, the infant, a fine healthy child of five or six months old, was brought to her, it sucked very eagerly, and then dropped asleep; the mother laid it down from her breast to the cradle; before she returned to her work, she looked at the child and observed that it was quite black round the lips; unfortunately, or rather thoughtlessly, instead of raising it up and endeavouring to do any thing for its relief, she ran out of the house to call a doctor; some minutes were lost before they could arrive, and the poor babe had already expired in a fit, occasioned no doubt by the heated and windy milk oppressing its exhausted stomach. With this affecting fact, please to bear in mind the following hints:—That a mother, when unusually heated or fatigued, ought not to suckle her child until she has composed herself a few minutes and taken some refreshment;—that in such a case particularly the child should not go from her arms until it has thrown up the wind;—and that in case of a child appearing to be seized with a fit, it should be instantly taken out of bed, stripped, gently rubbed, and put into a warm-bath, not waiting the arrival of a doctor, but doing this while he is sent for. These are the first things he will be sure to order, and if delayed, the child's life may be gone before he can arrive.

360. Air is of great benefit to children, indeed it is absolutely necessary to their health; yet some caution and prudence are necessary, especially when, as is often the case with the labouring classes, the mother is obliged to be out at work, and leave the care of her infant to an elder child. An infant should never be exposed to a draft of air, or to a cold north-easterly wind, or to the damps of evening, neither should it receive the scorching rays of the sun. When taken abroad, its chest, bowels, and feet should be carefully co-

vered and screened from the cold. I have repeatedly seen a nurse girl; or even a thoughtless mother, stand at a passage door, or at an open window, with an infant in her arms, when the air was either damp or keen, and in a little time I have heard without surprise that the child had died of croup or inflammation of the lungs. A mother who is obliged to leave her infant should be very particular in her injunctions to those with whom she intrusts it. I remember a careful mother who went out to washing, whose management for the safety and well-being of her infant I have often admired. She would go to her work very early in the morning, leaving her child asleep in the care of her eldest daughter, a girl of nine or ten years old; at breakfast time she ran home and properly dressed the child;—for this indulgence she stipulated with her employers, and she was so early, so active, and so forecasting in her work, that they could afford to grant it;—she then gave directions to her young nurse, sometimes permitting her, if the weather was fine, to walk backwards and forwards with the child before the house where she was employed; but generally charging her to keep it as much as possible amused in the cradle. ‘I had rather,’ she would say, ‘have you mind it, and see that no mischief comes to it, than try to lug it about, and perhaps fall down with it and break its bones.’ At meal times the child was brought to her to suck, and when her day’s work was over, however wearied she might be, she never failed to give it an hour’s good lively nursing before she put it to bed, saying she should never forgive herself if her child became rickety through her going out to work. I wish no mother was obliged to leave an infant; but if the support of the family in a great measure depends on her doing so, she ought to contrive that her children suffer as little as possible by her absence; and much may be done by contrivance.

361. When a child is short-coated, the best kind of shoes it can wear until it runs alone are thick woollen, a pair of which a notable mother can knit in the dusk of two evenings; indeed these shoes or socks answer very well when the child does run, if the mother have notion enough, to stitch a bit of stiff leather under by way of soles: a little knowledge of the trade of both cobbler and tailor, possessed by man, woman, or child, is very handy, and saves many a penny, which perhaps can be ill afforded to be spent.

362. *Vaccination.*—I cannot dismiss the management of infants without a few words on the subject of vaccination, or the cow-pock. The small-pox, it need not be told, is a very

dreadful disease ; at least one in twenty, it has been said one in six, who takes it naturally is found to die of it, and nine more out of twenty have it severely ; much suffering and expense are incurred ; sometimes disease or blindness remains, and the person is disfigured with ugly scars. About a hundred years ago, a celebrated physician, one Dr. Mead, proposed a plan which had been found in other countries to mitigate the severity of this dreadful and loathsome disorder ; ~~it~~ was by inoculation, that is, taking matter from the pimples of the small-pox, and inserting it with a lancet under the skin of a person who has not had the small-pox, thus causing it to mix with his blood, and give him the disorder, in hope that he would have it in a more favourable way. When this was proposed, some could not imagine how it could be effected ; but others bethought themselves of putting only a small quantity of yeast into a large tub of beer, or a large quantity of flour, which presently set the whole a working ; or of putting a small quantity of rennet into a large pan of milk, which soon turned the whole to curds and whey, so they thought the thing might be done ; but yet they could not see the use of it. The doctor observed that persons who take the small-pox naturally are liable to take it when their blood is in a bad state, but that if persons were to be inoculated, they might have it when they would, and when the body had been previously prepared by diet and medicine. Besides, when a person is seized with natural small-pox, it may not at first be discovered what it is, and the treatment used may be very ~~is~~ proper ; but under inoculation it is fully known what is coming, and the very best means may at once be resorted to. All this and much more that was said seemed very reasonable. At last the king gave leave that the experiment should be tried on seven condemned criminals, who did very well under the doctor's treatment, and had their lives given them for their adventure." With this the king was so well pleased, that the year following he had two of the young princesses inoculated, who passed through the distemper favourably ; then succeeded the nobility, and as a fashion set by great people is sure to be followed, the practice soon prevailed. Still many people could not altogether approve of the new mode. Though by far the most did well, it was found that *some* died ; and though that was not more than one in two hundred, yet every parent naturally thought, ' Perhaps my child may be the very one, ' and so many were afraid to venture. Besides, some religious good people thought, ' Perhaps it might be wrong to give the child a disorder which God Almighty did not at that time

send ;' and others said, 'What right have I, for the sake of securing my own children, to expose my neighbours to catch the disorder, who do not choose to be inoculated?' This also seemed reasonable ; and the only thing that could be done, was for every one to judge for themselves, and act as they thought best. But about fifty years ago another discovery was made, viz. that those who by milking cows had taken a disorder to which those animals are liable were not afterwards subject to the small-pox ; this set the doctors of that day upon considering whether this disorder of the cows might not be communicated in the same way of inoculation ; so Dr. Jenner (of whom you have most likely heard) devoted a great deal of time and attention to it ; and at last had the great satisfaction to find, First, That the disease might easily be communicated. Second, That it was so light as scarcely to deserve the name of a disease, not being in a single instance fatal, or even dangerous. Third, That it was not at all infectious ; no person can possibly catch it, even by sleeping with one who has it ; it can only be received by inoculation. Fourth, That it is in a vast majority of cases effectual in preventing the small-pox attacking the patient afterwards. Fifth, That those few who are attacked with the small-pox after vaccination have it very mildly and favourably. It wants some of the worst symptoms of small-pox, and can scarcely be properly called the same disease. More than forty years have confirmed the truth of these observations. Now mind, in this all the objections are done away that used to prevail against the old inoculation. You do not by vaccinating your children endanger them, for it is never dangerous ; you do not bring upon them a disease, for the cow-pock really does not deserve the name ; you do not endanger your neighbours, for it is not infectious. Then now let me ask, Have your children been vaccinated ? If not, why is it ? I shall not now answer the objections made against it at first by ignorant people, 'a beast's disorder,' for that nonsense I believe has ceased long ago ; and at any rate I would conclude that you have too much good sense to give any heed to it. But do you doubt the efficacy of vaccination ? Admitting even that in some cases it is not a complete preventive against the small-pox, yet its so far mitigating the violence of that dreadful disease certainly renders it well worth embracing. Do you think much of the expense ? Even if you were obliged to pay it, it would be a vast deal less than the expense incurred by hazarding the natural small-pox, to say nothing of the suffering and danger. Besides, government has now provided that

all who choose to accept of it may be vaccinated free of expense; it is only the trouble of going to the doctors appointed. Is it then from negligence and delay that it has not been done? I must say, I think this much most likely to be the true reason. It called at a house not long ago, where a child was suffering most dreadfully with natural small-pox; blind, delirious, his person one mass of loathsome sore, his very life endangered, and the mother bewailing, 'Oh! it is all my own fault; if he dies I shall never forgive myself. I might have had him vaccinated any day, and from day to day said I would take him, but from day to day neglected and put it off. I had fully determined to take him the first leisure day last week, but before that day arrived he had begun to sicken. How can I bear to lose my child through my own neglect?'—Do not, my friends, suffer yourselves to be the prey of such bitter but unavailing regrets. If you have not duly considered the subject, do so without delay, and consult some prudent, candid friend on whose judgment you can rely. If you think it right to have your child vaccinated, and intend to do so, "Whatsoever your hand findeth you to do, do it with all your might."

CHAPTER XI.

HINTS ON SICKNESS AND ACCIDENTS.

363. ALTHOUGH I venture to make a few remarks which may prove useful in the season of sickness, (and what cottage is there, or what palace, exempt from such seasons?) let it not be supposed that I presume to interfere with the province of the regular doctor, or to make light of his skilful aid.—far from it; I reckon it a great blessing indeed, that in most places, by the benevolent provision of societies or individuals, persons in sickness, who cannot afford the expense themselves, may be gratuitously furnished with the best medical advice. No person who is really ill ought from pride or carelessness to neglect so great a benefit. But there are many simple and trifling indispositions, for which common sense at once points out easy and simple remedies, and which it is really not worth while to go to expense, to burden a society, or trouble a doctor about; these very trifles, however, if neglected or improperly treated, may grow into serious diseases. There are

also many sudden attacks of illness or accident, under which a person may perish before a doctor can arrive, (especially if, as is often the case in country villages, he lives at a considerable distance,) unless some person at hand has the notion of giving assistance; and, once more, when a doctor arrives, he may find that those around the patient have been doing the most absurd and improper things, and such as render all his endeavours fruitless, or he may find them using rational means, and so suitably prepared to follow his directions, as shall really render his endeavours more easy, expeditious, and successful. A few plain hints on each of these subjects may be admitted without offence.

OF TAKING COLD.

364. You well know the effect of laborious exertion; it throws you into a violent perspiration. A violent perspiration is not always necessary or desirable, but in a healthy person there is always a greater or a less degree of it carried on. When this perspiration is obstructed or put a stop to, a person is said to have taken cold, as this stoppage is generally occasioned by exposure to wet or cold, especially by sudden transition from heat to cold. The person who has been thus exposed feels chilly, shivering, and weary; perhaps has pain in his limbs or back; perhaps soreness of throat. Now what is to be done in such a case? Shall the doctor be sent for? 'Oh no,' you reply, 'it is *only* a bit of a cold.' Some neighbour advises a glass of hot wine and spice, or beer, or spirits and water, and promises that you will be well enough by to-morrow morning: this advice is often followed. If the prescribed remedies are not at hand, some one is despatched to apply for them at the house of a wealthy and benevolent neighbour; if he also be not judicious, or if the dispensing of his bounty be left in the hands of servants, the request is most likely granted; the person partakes freely of what is sent, perhaps finding it a palatable treat, and not doubting but it will prove an efficacious medicine. And what is the consequence? It is very likely he goes to sleep, for any thing stronger than a person is accustomed to tends to make him drowsy; but his sleep is disturbed, and he wakes in a burning heat, with a violent head-ache, and parched mouth. If he is a person of a resolute, persevering disposition, feeling anxious to pursue his daily labour, on which, if the head of a family, the support of those around him depends, he flatters himself that he shall be better when he gets up; so up he gets and goes to his work, scarcely able to creep about; he is

chilly, languid, and feeble; at night the same dose is repeated, and 'without doubt he will be better to-morrow;' but the disturbed sleep, the burning heat, the parching thirst, return with greater violence; the next day he *cannot* go to work, the family become alarmed, and a doctor is sent for, who finds that every possible means has been used to feed the disease, which he fears all his skill will not be able to subdue; perhaps the head and support of a family is swept away; or should he recover from a severe and dangerous illness, his strength is impaired, it is long before he can return to his accustomed duties, and the family suffer great distress in consequence. Perhaps the disease is communicated to one or more individuals of the family, and from them to the neighbourhood; indeed it is impossible to say how far the calamity may spread.

—And yet those for whom I write know well, that what I have described is no more than the common practice continually resorted to among labouring people. If a house were on fire, what should you think of seeing the neighbours run, one with a sack of shavings, another with a deal plank, another with a vessel of pitch or turpentine, and throwing them into the flames? You would say, To be sure they must be mad, or else they have formed a conspiracy to burn the town; and you would be for taking them either to the prison or the mad-house. Now let me impress it on your minds, that when a person is seized with illness in the way above described, a fire is smothering in his body, which by proper means may, in all probability, be put out; but every drop of beer, wine, spirits, or spices, would be to his blood just the same as the shavings, deal, or pitch to the house on flames. I hope if yourself or any of your family should be indisposed, you will remember this, and act in a more rational way.

365. 'And what would you have us do?' In the first place, if the clothes are wet, I would have them changed, and the skin rubbed with a coarse cloth; next I would have the feet and legs soaked for about ten minutes in warm water; if you have got the grates described par. 54, you have always hot water at hand. A handful of salt will be a good addition. The water, I would observe, should not be too hot, but moderately warm, just so as to feel pleasant; and if it begins to chill before the time of taking out, let a little more be added, so that the feet may be taken out quite warm; let them be rubbed thoroughly dry, wrapped in flannel, or in a ~~warm~~ cloth, and let the person immediately get into a warm bed; in the mean time have ready some thin gruel, (without any addition of beer, wine, or spirits,) barley water, bran tea,

or tea made of balm, with a sprig or two of mint, or of camomile flowers; let the person drink freely of either of these, and it may be hoped that a free perspiration will be restored; if this is the case, he had better lie an hour or two later than usual in the morning, and take some warm tea or porridge in bed; even though he loses half or a whole day's work, it may be a saving in the end; and if he be a poor man, the assistance of his rich neighbours would be much better employed, and most likely as willingly imparted, to make up the loss of an industrious man's labour, as in giving wine or spirits, which may truly in such a case be called expensive poison.

366. It will be necessary to attend to the state of the bowels; let the person take, early in the morning, a dose of any simple physic that may be at hand, such as castor oil, senna tea, lenitive electuary, sulphur, cream of tartar, and treacle; or Epsom salts, one ounce dissolved in at least a pint of boiling water, and a small tea-cupful taken every half hour till it operates. Through that day at least the person should abstain from meat, cheese, beer, or any thing else of a heating nature. He will in all probability, when perspiration is restored, and the medicine has operated, find himself quite relieved, may go to work next morning as well as usual, and has only to be cautioned against renewing his cold, or indulging in any excess in eating or drinking.

367. But if the warm water and warm liquid should fail to restore perspiration, or if the simple medicines directed should fail to open the bowels, and either shivering, pain, or burning heat should continue, let no time be lost in calling in the best advice within your power; state candidly what has been done, and if it be as much and no more than is here directed, I do not think you will be blamed either for neglect or improper interference, or that your endeavours will be likely to thwart those of a superior adviser.

368. I have spoken of wine as highly improper in the beginning of a fever, or when a person is feverish through having taken cold; but there are cases of fever in which wines, cordials, and food, which in other cases are poison, would be absolutely necessary. Very frequently also, to a person recovering from a fever, a small quantity of good wine proves a most valuable medicine; but able, well-educated, and experienced medical men, alone, are able to form a judgment and give directions in these cases; and it is earnestly to be wished, that, in every case of sickness, not a single drop of fermented liquor should be used, but by the express direction of a medical man; nor any thing of the kind given by

charitable individuals, except on receiving a written declaration to that effect from the medical gentleman himself. I believe that such a measure would save many lives in the course of a year.

369. In all feverish complaints, especially if attended with sore throat, the mouth and throat should be frequently washed with a mixture of vinegar and water; this is delightfully refreshing, and will of itself sometimes cure a slight sore throat.

370. A sore throat is sometimes relieved by wearing a piece of flannel or black riband, which has been dipped in a mixture of oil and spirits of hartshorn; but this is not always proper. There can never arise any harm from wearing a bit of flannel round the neck, only taking care to leave it off gradually. A blister round the throat is often of great service in a sore throat; and when the inside of the throat is swollen, and perhaps ulcerated, so that no food can be swallowed, and even liquids are returned through the nose, there is nothing better than frequently to draw in steam, by holding the mouth over a jug or coffee pot, filled with hot vinegar, or vinegar and water.

371. But none of these remedies are to be depended on without proper attention to the state of the bowels. They should be kept constantly open by means of some simple medicine, as recommended par. 366: It will also be necessary that the person who has as bad a sore throat as is here supposed should keep constantly in bed and drink frequently of barley water, in which nitre has been dissolved: (see list at the end of the section:) But most persons who can have access to proper advice will be inclined to resort to it before the complaint has proceeded so far; and these hints are given chiefly for the direction of persons in country villages, who really cannot obtain proper advice.

372. If a person is suffering with head-ache and sickness, which appear to proceed from the stomach being overloaded with food which it cannot digest, relief must be sought by unloading it. I would say, take an emetic, but most likely you have not one at hand; it is not a good way to keep small quantities of medicine in the house, they lose their virtue, and often become hurtful. If you have to go out for an emetic, the person of whom you get it will be more able to direct you as to the propriety of taking it at all, and the kind and quantity to be taken, than any directions that can be given you in a book. But if you cannot get an emetic, or do not choose to take one, the purpose may be answered as well by taking a

good quantity of camomile tea; take half a pint every quarter of an hour, till either your stomach is thoroughly relieved by vomiting, or the head-ache and feeling of sickness are removed without. At night a dose of salts, or senna, or rhubarb and magnesia, should be taken.

373. If a person is afflicted with a violent pain in his bowels, attended with frequent sickness, obstinate costiveness, and tenderness of the flesh, the best advice should be immediately sought for, as he is probably suffering from a dangerous and rapid complaint, inflammation of the bowels; but in case of any delay in obtaining medical advice, relief may be attempted by giving a large dose of castor oil, and applying a warm poultice large enough to cover the whole of the bowels.

374. In case of a violently disordered state of the bowels, very different treatment is required, according to different circumstances and symptoms; sometimes it is necessary to promote, and at other times to check the discharge; therefore it will generally be best, if possible, to obtain regular medical advice. If this cannot be done, and the sick person, or those around him, must follow their own best judgment, the following remarks may be some guide. It should be noticed whether the frequent motions relieve the person, or whether he appears to be exhausted by them, his hands and his feet cold, and his countenance shrunk. In the first case, the discharge is most likely an effort of nature, to relieve itself of what is injurious, and ought not to be checked, but rather assisted by means of warm broth or gruel: a small quantity of rhubarb may be taken with advantage; it may be taken two or three times a day in a little peppermint water. But if the patient's strength appears to be greatly exhausted, something must be done to support his strength and moderate the discharge. There is no medicine better than Dalby's carminative—a bottle may be taken at two doses; and the food should be rice gruel with a little wine and spice, or beef tea thickened with rice.

375. In a sudden and alarming bowel attack, called *Cholera Morbus*, the following course has been pursued with great success. The person is generally in violent pain in the bowels attended with purging; languid, faint, and sick, but unable to vomit; sometimes pain in the limbs and cramp, and the countenance is contracted. Immediately give an emetic—one grain of emetic tartar dissolved in warm water; work it off with camomile tea; as soon as the stomach will bear it, give a dose of the following mixture, and repeat it every two hours till relief is obtained:—tincture of rhubarb two ounces; laudanum

one drachm; peppermint water six ounces; one sixth part for a dose. When thirsty, take soda draughts, (par. 506,) or halm tea. If the bowels become confined, take a small dose of castor oil, or Senna-tea, or brimstone and treacle; if too much relaxed, take a dose of the above mixture, or of Dalby's carminative.

376. To prevent *infection in small pox, fevers, &c.* Be very careful to keep the room airy and perfectly clean. When attending on the sick person, put a tea-spoonful of salad oil in your mouth, and sprinkle the room with Labarraque's chloride of soda or of lime. These valuable preparations are sold, with full directions for use, by Beaufoy, Druggist, Strand, London; and by most respectable druggists and medicine vendors.

377. For a troublesome tickling cough occasioned by cold, the first means resorted to should be such as promote perspiration; treacle posset, orange, or vinegar whey, or tea of elder flowers, marsh-mallow, or bran tea, or barley water, with gum arabic, and honey, or figs. But should the cough continue, especially if it be attended with hoarseness, tightness of the chest, pain in the side, or difficulty of breathing, medical advice should be sought without delay, lest it terminate in consumption, or inflammation of the lungs.—A blister should be applied to the chest or side, or a Burgundy pitch plaster constantly worn, either between the shoulders or on the chest, to be renewed as it becomes flabby and wrinkled. A hare or rabbit skin properly prepared is sometimes very beneficial, or flannel next the skin, also worsted stockings. If ever these things are left off, it must be in very warm settled weather, and when all tenderness has ceased. When the use of flannel is adopted, it is necessary to pay proper attention to cleanliness. Some people have a strange notion that flannel next the skin cannot be worn too long without washing; indeed I have heard persons speak of wearing it till it dropped off; but this plan is as unwholesome as it is filthy; flannel should never be worn longer than a fortnight without changing; great attention of course must be paid to its being well aired. It is generally recommended to those who wear flannel next the skin, not to sleep in it; in this case it should be hung every night in a room where there has been a fire through the day.

378. Butter milk is often serviceable to consumptive persons, but it should be drank constantly, and persevered in a long time.

379. Persons who are liable to head-ache should keep the hair very thin by frequent cutting, or even shaving; the head should be kept cool, often washed, and all tight bandages avoided. A shower bath is often found beneficial; this may be

contrived by standing in a tub, and having a colander fixed at three or four feet above it, through which a bucket or two of water is to be poured quickly.

380. Those who suffer from cold feet will find great advantage in wearing socks made of oiled silk (the same as is used for making umbrellas) : but as the two last mentioned complaints belong rather to the sedentary than the active, it may be hoped that cottagers are pretty free from them : these pages may however fall into the hands of those whose employments confine them to the desk, the shop-board, or the work table, and for their benefit these hints are inserted.

381. For tooth-ache, ear-ache, or face-ache, a flannel bag may be filled with camomile flowers, or feverfew, wrung out of boiling water, (sprinkled with spirits of hartshorn, or gal volatile, if you have any ; if not, it will do without,) and applied very warm over the ear, or cheek, as the pain may be : or for the tooth-ache, or head-ache when confined to the temple, relief may sometimes be found by shaving thin the outer rind of a lemon, and sticking a piece as large as a half crown, on the cheek ; below the ear for tooth-ache, or for head-ache on the temple. The tooth-ache is sometimes relieved by the steam of henbane seeds, but let it be remembered that they are poisonous, and care taken accordingly. Tooth-ache often proceeds from disorder of the stomach, and is cured by the use of a brisk purgative. A little spirits of wine, highly camphorated, held in the mouth, will often relieve tooth-ache.

382. Rheumatism is of two kinds, very different from each other, and requiring very different treatment : one is attended with a great degree of fever ; the other, to which old people are most liable, is of a very cold nature, and rather resembles the palsy : those who have been afflicted with the latter kind, having perhaps found relief from hot applications, and hearing of some neighbour, in the height of youth, strength, and fullness, seized with rheumatism, and suffering violent agonies, strongly recommend to him, the use of the same powerful application which had done them so much good, and which is 'a certain cure for the rheumatism ;' but this is a very great mistake, and sometimes a very dangerous one : almost the only points in which the treatment of these two kinds of rheumatism agree, are those of avoiding bleak and damp air, and keeping the bowels open.

383. A person who is seized with acute rheumatism (or rheumatism attended with fever) should by all means seek proper medical advice. It may arise from an inward disorder which requires great skill and minute attention to ascertain.

It may be of the same nature as an inflammatory fever, and require bleeding and other lowering treatment. In either case, strong outward applications cannot do any good, and may do serious injury; and where a mistake is so easily made, the only security against it is, in the advice of one, whose professional skill and experience qualify him to judge, not only between things that are opposite to each other, but between those in which there are many points of close resemblance, but at the same time some of essential difference.

384. If, however, distance or poverty should render it impossible to obtain medical advice, or even if some time must needs elapse before it can be obtained, it will at all events be prudent to abstain from meat, beer, and every thing of a heating nature, and to open the bowels with the electuary mentioned par. 366, or some other cooling medicine. Some relief may probably be afforded by the application of colewort (or young cabbage) leaves, applied night and morning, in the same manner as is directed for dressing a blister. The warm bath also is likely to be beneficial, but great care must be taken to avoid chilling afterwards. A plaster, called "The poor man's plaster," is often very useful in rheumatic complaints. It is sold at Sterry and Sons, oilmen, in the Borough, at three halfpence a sheet, which is enough to make several plasters. It does not require warming, but is merely to be placed on the part affected, and pressed down a moment or two with a warm hand. This is a perfectly safe application, and generally affords relief. It is useful also for pains in the side, or chest, or oppression of breathing. The following recipe has been found useful for rheumatism:—Ethereal spirits of turpentine, volatile tincture of guaiacum, Elixir Proprietary in equal parts. Take a tea-spoonful in a glass of water going to bed.

385. For the chronic or cold rheumatism in elderly people, flannel is one of the best remedies, or rather preventives; for too often, I fear, rheumatism is brought on by the want of proper warmth in clothing and bedding. I am glad when I hear of wealthy people dispensing their Christmas bounties in flannel and blankets; that is doing real good; and whether as a gift or a purchase, depend upon it, three or four shillings laid out in this way is more beneficial than ten times the sum spent upon spirits or mere feasting. It may be useful to rub the limb most affected with soap liniment, or camphor liniment, or even with the bare hand. Stone bottles filled with hot water, or bricks which have been boiled, will be found very comfortable for keeping the feet warm. Mustard whey is a

very proper drink; the person should freely use mustard, horse radish, and other hot, pungent plants; a table-spoonful of white mustard seed may be taken in a glass of warm water or ale two or three times a day.

386. Persons who are liable to scorbutic humours should avoid salt meat, fat and luscious things, and spirituous liquors; they should eat all kinds of vegetables, especially greens and salads, lettuce, endive, dandelion, sorrel, watercress, and others; they should as much as possible live upon milk, using whey or buttermilk as their ordinary drink; cider also is very beneficial, and sweet wort, which may be prepared in the following manner. Put a handful of malt in a large tea pot, add to it as much water that has boiled, but is now somewhat cooled, as will thoroughly moisten it; let it stand on the hob (but not too near the fire) for an hour or more, then fill up the tea-pot with boiling water; and when it has become cool enough, pour it off and drink it.

387. *The Itch*.—Cleanliness generally keeps off such filthy disorders, and when they do appear, cleanliness is absolutely essential to their cure. Sometimes, however, such a misfortune may accidentally occur to the cleanliest people, and a great mortification it must be to them; however, it is not likely to last as long with them, or be as difficult to cure, as where it is nourished and fed by filthiness. Persons should be on their guard against taking quack medicines, which are in general either useless or pernicious. The old-fashioned medicine, sulphur and treacle, is perhaps one of the best; and persons thus affected should wash themselves every night, going to bed with warm milk, in which the roots of white hellebore have been boiled. The roots may be got either at the druggist's, or at the physic herb-shops in Covent-garden market; they are better used fresh, and should be cut in pieces.

388. *Of fainting away*.—This is often occasioned, especially in delicate persons, by fear, grief, or other strong affections of the mind; by loss of blood, over-fatigue, breathing a close, confined air, and other causes. When such a circumstance occurs, it is wrong to crowd round the person, and tease him with irritating applications, such as burnt feathers, hartshorn, &c. The first thing to be done, is to let in a stream of fresh air, or remove the person to where it can be enjoyed; let him be placed in a lying posture with the head a little raised; let all tight strings and bandages be loosened; not more than one or two persons should stand near; a few drops of cold water may be sprinkled in the face, and vinegar applied to the temple and nostrils. When the person

begins to revive, he should, as soon as possible, swallow a little cold water, with a few drops of spirits of hartshorn, or sal volatile, or even cold water alone.

389. Faintness is sometimes accompanied with hysterics, or a convulsive kind of crying and laughing; this should be treated much in the same way, excepting, that as it is often occasioned or aggravated by wind on the stomach, relief may be obtained by supporting the person a few moments in a standing posture, by which means the wind is dispersed; it may be useful also gently to rub the stomach with the palm of the hand.

390. A common fainting or hysteric fit is generally pretty well understood; but should you see a person apparently in full health, in an instant deprived of sense and motion, and lying insensible to all ordinary attempts to arouse him, let medical help be immediately called for. In the mean time let the person be placed in a sitting posture. See that neither the neck-cloth, or any other string or bandage, obstructs the circulation. Bathe the temples and nostrils with vinegar, or wrap round the head cloths wet with cold water and vinegar, or pour it gently from a sponge. Place the feet and legs in warm water, or lay on them poultices of mustard—or both these in succession. The poultices may be made of flour of mustard alone, or mixed with an equal quantity of powdered linseed, or common flour. and moistened with hot vinegar; spread the poultice about half an inch thick on rag, and lay on the soles of the feet. It may be very useful to administer a powerful injection—and should be done, if any delay occurs in obtaining the assistance of a medical man. For this purpose dissolve an ounce of Epsom salts in a pint of strong soap suds made from yellow soap, or in the same quantity of thin gruel, to which add two ounces of olive oil or castor oil; let it be administered as warm as would be agreeable for drinking quickly. The application of cold to the head and warmth to the feet is intended to restore a proper circulation of the blood, and the injection to relieve the bowels, which are generally overcharged. If these measures succeed, relief will be obtained.

391. *The Piles.*—Persons afflicted with, or even liable to, this troublesome complaint, should be careful to keep their bowels gently open by means of an electuary of sulphur, cream of tartar, and magnesia, in equal parts, made up with treacle or honey; and either of the following ointments may be used occasionally: Hog's lard and sulphur; or, Two parts of goulard ointment and one part of powdered galls.

OF ACCIDENTS.

392. *Persons apparently drowned.*—In many such cases life has been restored by prompt and persevering exertions; and oh what a reward, to have been instrumental in saving the life of a fellow creature! Should the distressful opportunity occur, let your best exertions be promptly, judiciously, and perseveringly rendered. First, dismiss all foolish prejudices about its being unlawful to take a body into any other than a public house, &c. It is lawful to save life, and to use the best and readiest means for that purpose; and should our beloved queen happen to be riding by, I am sure she would give her hearty approbation to those who were in any rational way endeavouring to rescue from death one of her liege subjects.

393. If a person is seen to fall into the water, while some are employed in getting out the body, let others be immediately despatched in different directions for medical aid; not a moment is to be lost in such a case: if one doctor is not at home, another may, and all will be ready, immediately on hearing of the accident, to fly to the spot and render their best assistance.

394. As soon as the body is taken out of the water, let the wet clothes be taken off, and the body thoroughly dried by rubbing with cloths, then wrapped in a warm blanket, and carried to the nearest house, keeping the face upwards, and the shoulders a little raised.

395. Having placed it on a bed or mattress made thoroughly hot with a warming-pan, rub it diligently, but gently, with warm cloths or flannels, all over, but especially over the belly, chest, and limbs; after a little time, the warmth of the body should be still further promoted, by placing it in a moderately warm bath of water, brewer's grains, sand, ashes, or any other matter most readily obtained. Or if there be not a sufficient quantity of these things at hand to immerse the whole body, flannel bags filled with them may be applied to the hands, feet, and under the armpits; or cloths made hot by a warming-pan, or heated bricks, or bottles filled, or bladders half filled, with hot water; or blankets and flannels wrung out of hot water, may be wrapped round the body, and renewed as they become cold.

396. While these operations are going on, the pipe of a pair of bellows should be applied to one nostril, the other nostril and the mouth being closed; blow gently, till the breast be a little raised, then let the mouth be left free, and

an easy pressure be made on the chest. This imitation of natural breathing should be repeated until signs of life appear, and then gradually discontinued. If bellows are not at hand, blow, in the same manner, with your breath through a quill, a reed, a small pipe, or a piece of stiff paper curled up like a funnel.—This is of all others the most important means, and ought to be most sedulously attended to.

397. When breathing begins, touch the inside of the nostrils with a feather dipped in spirits of hartshorn, or sharp mustard, or blow some pepper or snuff into them.

398. If no medical gentleman has arrived to give directions, it will be right to administer an injection without delay; it should be composed of a pint of warm water, mixed with a wine-glassful of any kind of spirits, or a table-spoonful of spirits of hartshorn, or essence of peppermint, or a large tea-spoonful of flour of mustard. If the apparatus for this purpose is not at hand, a substitute may be contrived with a tobacco pipe and a leather glove; or twenty things that are at hand will be thought of and contrived, if any one be present with their wits about them.

399. When the person recovers so far as to be able to swallow, give him, by spoonfuls, a little warm wine, or spirits mixed with water. When life is completely restored, the sufferer should remain at rest in a warm bed, taking warm and nourishing drinks, by which perspiration may be promoted and strength sustained.

400. Though success may not seem to attend the efforts used, they should nevertheless be persevered in for *four hours at least*; and if they should prove successful, they must not be too speedily suspended; several persons have been lost from being quitted too soon after recovery had commenced.

401. All violent and rough usage is to be avoided, such as shaking the body, rolling it over a cask, holding it up by the heels, also rubbing it with salt or spirits, or injecting the smoke of tobacco.—The above directions are compiled from the publications of Humane Societies, by which all these rough means are *strictly* forbidden.

402. If apparent death is occasioned by hanging, the same treatment is to be observed as in apoplexy, (par. 390,) keeping the head raised, and endeavouring to promote circulation through the neck, until some one arrives who can render more effectual aid by bleeding.

403. For suffocation by noxious vapours, especially those of burning charcoal, the same treatment is to be observed as in the case of fainting, par. 388.

404. If opium, laudanum, nightshade, or poisonous fungus mistaken for mushrooms, or any other stupifying poison, have been taken, or even spirituous liquors in such quantity as to produce the like effects, (those of sickness, giddiness, stupor, and drowsiness,) give instantly a table-spoonful of flour of mustard in water, and repeat it with large draughts of warm water till vomiting takes place; or give large draughts of warm water, or milk and water mixed with oil or melted butter or lard. If the person becomes so insensible as not to be easily roused, give the mustard in vinegar instead of water, dash basons of cold water at the head, and rub and shake the body actively and constantly.

405. If the poison be of a metallic kind, as arsenic, antimony, mercury, or when any unknown substance or matter has been swallowed, and there have ensued heat of the mouth and throat, violent pain of the stomach, and vomiting, immediately drink plentifully of warm water, in which common soap is dissolved or scraped; from three or four ounces to half a pound may be taken. Whites of eggs, beaten up and mixed with water, may also be taken with advantage. This is indeed reckoned one of the best remedies when that destructive poison, corrosive sublimate of mercury, has been taken; perhaps the very best that can be resorted to in the absence of professional skill.

406. When oil of vitriol, spirits of salt, or aqua-fortis have been spilt upon the skin, immediately wash the part with large quantities of water, adding to it, as soon as they can be procured, soap, potash, soda, or chalk.

407. *Of Wounds.*—All the good that can be done by any outward application is to keep the parts soft and clean, and to defend them from the air. Not only no good, but a great deal of mischief, is done by the application of hot balsams, tinctures, and oils. Provided a wound does not bleed excessively, it heals all the better for being allowed to bleed freely. In case therefore of a common cut, the best way is to tie it up with dry lint or rag, or lay on a piece of common adhesive plaster. Not the black plaster, commonly called court plaster, which is moistened with the tongue to make it stick; this disagrees, and proves injurious to many persons; but the adhesive plaster which surgeons use: it may be held to the fire a moment to make it stick: this should always be kept in the house; two pennyworth will serve a long time. It is not however proper to tie up a wound, or to apply plaster to it, if any dirt or other foreign substance is lodged in it. In that case the part should be carefully washed with a feather or sponge and

warm water. Then, if the bleeding has ceased, draw the edges of the wound closely together, and place over some strips of sticking plaster; they should be of different lengths, and placed slantwise across the cut, one over the edge of another; over this, place a fingerstall or a binder of linen or riband, as may be most suitable to the situation of the wound. The first dressing need not be removed for a day or two, unless it becomes displaced; nothing more will be required than to keep the part clean, and renew the plaster until quite healed. If the bleeding continues, it is of no use to put plaster, as it will not stick; in that case lay the edges of the wound closely together, then put a piece of lint, or very soft rag, very smoothly folded so as to form a small compass. This, according to its situation, may be bound on or secured with long strips of plaster laid tightly across. The rag or lint may be wet with the tincture called red bottle, par. 565.

408. But if the bleeding is excessive, especially if it appears to start from one or two particular points, it may be right to apply to them a little dossil of lint, and press it down with the finger till the bleeding stops; if it cannot thus be stopped, and the blood jumps out by pulses, it becomes necessary to prevent it from passing into the part, until the open vessel is safely closed. This must be done in the following manner: Suppose the cut is in the arm, take a round pincushion, or any thing of that form and degree of hardness, place it on the middle part, of the inner side, of the upper part of the arm; over it tie a piece of strong tape, leaving room to slip underneath, on the opposite side from the cushion, a piece of stick (a cedar pencil will do as well as any thing); by twisting this round and round the tape may be tightened till the bleeding stops. A piece of stiff leather or folded cloth should be placed underneath, to prevent the skin being injured by the tight twisting of the tape. In the same manner, if the wound is in the leg, this apparatus may be applied to the hollow part on the inside, and about the middle of the thigh; by which the bleeding from any part of the limb below this application may be checked, until proper assistance can be obtained.

409. It is very well worth while to make such a process familiar to your mind; and to observe, if you have an opportunity, the manner in which a surgeon secures an arm after bleeding; it may make you expert in rendering assistance on a sudden emergency. We are liable to many accidents, and many a life has been lost amidst the hurry and confusion which arise in the moment of misfortune, when the

mind is not prepared with any principles on which to act. "A man once reaping in a field cut his arm dreadfully with his sickle, and divided an artery;"—an artery is a large pipe through which the blood from the heart runs, like water in a pipe brought from a reservoir; you have sometimes seen, in a city thus supplied, the water springing suddenly up and deluging the street; on inquiring into the cause, you were informed that *a pipe had burst*, and you understood at once, that unless the pipe was repaired, as long as the reservoir would supply it, the water must continue to flow. Now just the same thing happens when an artery is cut; and unless some means can be devised to repair it, the person is in danger of bleeding to death; this may have taken place before a surgeon can arrive; how important, then, that every person who may witness such an accident should possess common sense and knowledge enough to dictate to them what ought to be done! The pipe in the street is of solid wood, lead, or iron; the only means of stopping the water there, is by plugging the pipe until the carpenter or the plumber can arrive with the necessary tools and materials for stopping it effectually. But the canal of the blood is of a softer and more yielding texture; it may be secured by tying, in the same manner as you secure the meat of sausages or black puddings from running into one another. Remember this, in case of accident, as above described: and do not be distressed for want of tape; aprons have strings; a cap-binder, or even a garter, will serve the purpose, or a strip may be torn off any garment in such an emergency; and as to the stick, a cedar pencil will do, (as I have already said,) or a stick of sealing wax, or a netting mesh, or a skewer, or a knife handle, or a key, or a hundred things that are at hand, if those around have but the presence of mind to think of and use them. To return to the story,—“the poor man bled profusely, and the people about him, both men and women, were so stupified with sight, that some ran one way, some another, and some stood stock still. In short, he would soon have bled to death, had not a brisk stout-hearted girl who came up slipped off her garter, and bound it tight above the wound, by which means the bleeding was stopped until proper help could be procured.”

410. But though there may have been no difficulty in stopping the bleeding, the part may become inflamed. This is frequently occasioned by inattention to two very essential particulars, *rest* and *position*. A wounded part should always be kept still, and in such a posture as will be most favourable to the return of blood from the wounded part. Thus if the

cut is in the hand or arm, it should be placed in a sling, with the wrist rather higher than the elbow. This will tend to throw the blood back; but if the hand is suffered to hang down, the blood will rush to the wounded part, and burst it open. It may not absolutely continue to bleed, but the edges of the wound will be prevented closing, and redness round the part will show that inflammation has begun. The first thing, then, is to keep the wounded part absolutely still, and in as easy a posture as possible; the next, to reduce the inflammation by some cooling application. The best for that purpose is a lotion composed of strong vinegar, or what the chemists call acetic acid, spirits of wine, and cold water, one part each of the vinegar and spirit, and three or four parts of water; keep rags constantly wetted with this over the dressing;—or a thick plaster of yeast frequently renewed, or a bread and water poultice, over the plaster; but the two latter are mentioned only in case the lotion cannot be immediately obtained. If the person is also in a feverish state of body, some opening medicine may be necessary, and all heating food must be abstained from. If the wound is in such a part as that a poultice cannot be conveniently applied, nor wet rags kept constantly on, it may be frequently fomented with warm water, and dressed twice a day with the leaves of the herb plantain, prepared in the same manner as colewort leaves for dressing a blister; they are at once cooling, cleansing, and healing.

411. If, in consequence of a wound, a gathering should take place, and prove obstinate to heal, the difficulty generally arises from the state of the blood, and it will be best to ascertain from a medical gentleman the proper method of rectifying it. If you have not the means of doing this, you may without danger, and most likely with advantage, take the old-fashioned electuary of brimstone and treacle, and at the same time, an infusion (or tea) of gentian, or Columba root, or camomile flowers with cloves; or, if you can afford it, a preparation of bark; and dress the wound twice a day with chewed bread and butter, applied warm from the mouth.

412. In case of a violent blow, keep rags well wetted with a mixture of vinegar and water, or with the lotion mentioned paragraph 410, constantly applied to the part, wetting them again as they become dry; or a piece of the thickest brown cartridge paper, dipped in spring water and bound on the part, keeping it often wetted afresh, will answer very well. I shall give in the list at the end of this chapter a recipe for bruise oil and ointment, which are very valuable to keep in a

family; if applied immediately after a blow, they very soon abate the swelling, remove the tenderness, and disperse the discoloured blood. As some of the ingredients are expensive, it can scarcely be expected that cottagers should be able to procure them, unless several should unite in the expense; but perhaps some good person in the neighbourhood who can afford it may be induced to make a quantity, for the use not only of her own family, but of her poor neighbours.

413. In case of a sprain, let the foot be laid up, (or the arm slung,) so that no weight bear upon it, and apply cold a poultice of vinegar and oatmeal, to be renewed twice or thrice a day. If the inflammation be considerable, apply five or six leeches. If they do not give speedy and effectual relief, "a surgeon should be consulted, as some have been crippled for life by stiff joints, which have resulted from inflammation neglected, or not efficiently treated.

"But sometimes, in spite of the most judicious treatment, some considerable stiffness of the joint will remain after a severe attack of inflammation. In such cases, after the inflammation has subsided, the greatest benefit will accrue from the active persevering use of *friction* and *passive motion*. *Friction* should be employed by diligently rubbing the hand up and down (not across) on every side of the joint affected twice daily, for half an hour each time. By *passive motion* is meant, in strict propriety, such motions of the joint as are not performed by its own muscles, but by some other agent; as if, for example, I should examine a person with a stiff knee, and with my hand move his leg backwards and forwards; these motions performed by the power of my hand would be *passive*. Such kind of motion should be perseveringly used, even if it should give considerable pain. Motion need not always be strictly *passive*. If the knee be affected, it is an excellent plan for the patient to sit on the edge of a table, and swing his leg backward and forward half an hour several times in the day. He might also walk a little upon it. The same mode of treatment in principle may be applied to the other joints as to the knee. Some *cautions* however should be observed. At first no violent nor rapid motions must be attempted. No weight must be carried or borne by the joint affected, as in the case of the knee just referred to; at first it should not be allowed to bear even the weight of the body, but should be assisted by a crutch. The motions of the joint should be attempted at first with gentleness, and then gradually and cautiously increased. If any symptoms of returning inflammation appear, both *friction* and *motion* should be

omitted till those symptoms have again disappeared, when *friction* and *motion* as before should be resumed. Lastly, I would earnestly recommend a long-continued perseverance (for six or eight months if required) in this plan of treatment, because at the end of that period it may be crowned with success. This plan was most frequently and successfully employed by the late Mr. Grosvenor of Oxford; it has been highly commended by Sir Astley Cooper; it is practised at the public hospitals; I have seen it very useful in private practice; and indeed the benefits which have resulted, and may result from its adoption are incalculable." These remarks were kindly given to the author by a skilful medical gentleman, to whom she is also indebted for several other valuable hints in this part of the book.

414. In case of a person's clothes being set fire to, instead of throwing open the door and running into the road, (as is too often done by the sufferer in the extreme of terror, or by those around him, who, instead of rendering aid, run out to seek it,) it is of the first importance that the person should endeavour to command sufficient presence of mind to throw himself on the ground, and roll in a carpet, blanket, curtain, cloak, coat, or whatever other thick woollen article may be at hand. If any other persons are present, they should assist in doing this, and be particularly careful to keep all doors and windows shut. The reason of this is obvious. When you want a fire to draw, you apply the bellows, or set open a door to give it a draft of air: your object in the present case is to smother the flames, which can in general be most effectually done in the way pointed out. When persons in their fright run out of doors, they not only expose themselves to a current of air which fans the flames, but also run away from those articles which would be most likely to extinguish them.

415. In any case of burn or scald which is not so bad as to require medical assistance, apply a rag dipped in cold water, and keep it constantly wet with a sponge; or immerse the part in cold water till the pain is relieved, then take it out again, and as soon as the pain returns plunge it again into the water as before. It is better not to continue the immersion so long as to produce numbness, but only so as to relieve the pain and reduce the inflammation. If it is thought necessary to persevere in the use of some surgical application, Goulard's lotion will be the most suitable.

When the finger or any other part has been slightly burnt, it is an excellent practice to keep the part almost constantly wet for a few hours with spirit of sulphuric ether. This is

by far the most effectual application for checking the inflammation which would otherwise follow, and the immediate relief it affords is truly delightful. . .

416. *For any kind of sting or venomous bite.*—Apply flour, or common salt—cucumber, honey, or yeast, a thick plaster frequently renewed. If the bite be of a dangerous kind, as that of an adder, give immediately a tea-spoonful of spirits of hartshorn in a wine glass of cold water, and forty drops more every fifteen minutes, till the violent symptoms abate, or till medical advice is procured; for a child the dose must be lessened according to its age.

417. *For boils, cuts, gatherings, &c.*—The following is a very useful family plaster; it may be applied as soon as a gathering is perceived, and renewed once or twice a day until it is healed. Take one pint of sweet oil, and half a pound of red lead; boil them in a kettle over a slow fire until they are well blended, and assume a dark colour; then shake in three ounces of resin finely powdered; boil again until well incorporated; then take the mixture off the fire, and stir in two drachms of gum elemi, and pour it into jars for use.

418. *To wash lime or dirt out of the eyes.*—The eye should be immediately syringed with warm water, so as to wash out every particle of lime or mortar, even from underneath the upper eyelid, which may be done by setting the point of the syringe (or squirt) under the outer edge of the upper lid; the eye should be kept constantly open, and on no account covered with a bandage; but a green shade, like the front of a bonnet, may be worn, and the eye frequently fomented with water for several days by means of a large sponge. If the inflammation should not subside after washing the eye, it will be proper to apply five or six leeches as near the eye as possible; the person should also take a little cooling physic.

HINTS TO LYING-IN WOMEN.

419. Be attentive to the state of your bowels, both before and after confinement; those who take proper exercise, and eat freely of vegetables, are least likely to suffer inconvenience in this respect; and if the bowels can be kept properly open without medicine, it is all the better. If medicine is necessary, there is nothing more safe or proper than castor-oil. I know poor people object to it on account of its expense; when this is the case, the electuary so often mentioned (sulphur, cream of tartar, magnesia, and treacle) will answer very well; or powdered senna mixed with the pulp

of a roasted apple ; or the leaves of penna stewed with figs, raisins, or prunes. A person who is on the whole doing well, but has had no motion by the second night after her confinement, should by all means take something for that purpose. *The best castor oil then is by far the best medicine : a dessert or a table-spoonful may be taken, according to her strength ; after this, if she omits any day having a motion, she should repeat the dose.*

420. Avoid as much as possible all noise, bustle, and confusion ; too often, on such occasions, a crowd of women assemble under pretence of giving assistance, but in reality from idle curiosity or mean selfishness, who eat, drink, and chatter for their own amusement, while the poor woman is neglected and distracted with their impertinent noise, or injured by their improper advice. If one, or at most two, kind and prudent neighbours come in, to wait upon your medical assistant, and to dress your little one when it arrives, that is quite as many as can be needful or serviceable, or as ought to be admitted. If there were no other reason against having more people about, it is an expensive time at best ;—and why should four or five useless people be fed ?

421. Endeavour as much as possible to dismiss useless anxiety. You cannot get up, and do your work, and clean your house, and see to your children as usual ; your anxiety will do them no good, and may very seriously injure yourself ; may indeed prove the means of keeping you back much longer from returning to your usual duties. If you have a kind and tender husband, he will as much as possible release you of your anxieties, and meet your wishes ; and some kind neighbour, for whom you have done, or are willing to do, a like service, will give an eye to your children. You must endeavour to compose your mind, casting all your care upon God, whose tender mercies are over all his works ; commune with your own heart upon your bed, and be still. If you attend to this advice, it may prove truly beneficial to you in more senses than one.

422. Do not have your chamber kept too hot, or your bed overloaded with clothes. This would both produce fever, and render you more liable to take cold, instead of preventing it. If your room is close, let the door be now and then opened for a few minutes to change the air ; or let the bed curtains be undrawn, except so far as is necessary to exclude the light ; at the same time be careful to avoid sudden chills or drafts of air ; avoid also touching or using any linen that has not been thoroughly well aired ; and let the

most scrupulous attention, be paid to cleanliness in every respect.

423. Abstain from all improper indulgence. When one ignorant neighbour recommends a bason of good strong-beer and a candle to comfort you; and another a bit of meat and a drop of beer to nourish you; and another a glass of spirits and water to keep you from taking cold the first time you get out of bed or so; be assured they are all in an unintentional conspiracy (if I may be allowed the expression) against your life. In a lying-in room, which a doctor has just left, after giving strict injunctions against these improper indulgences, did you ever hear an expression like the following: 'Ah well, he may say what he has a mind to it, and I will do what I have a mind to it?' I have, and I have seen the worst consequences follow such a determination. Now only think a moment, what should induce your medical attendant to lay down such a course of diet for you, if he did not really think and know, that it was for your good? It is no difference to him what you eat and drink; he will not have to pay for it, or to suffer for it; but he is anxious, for your comfort and that of your family, as well as for his own credit, to get you well and strong as soon as possible, and he gives you such directions as he thinks will conduce to that end. Besides, consider the treatment recommended to you is just the same as that followed by the highest ladies in the land; those who have every delicacy at command, and to whom expense is no object, take nothing for several days stronger than plain gruel, tea, milk, bread and butter, or biscuits; depend upon it they have the best advice, and follow the best system that is known. People in humble life would be proud if they could catch the pattern of a baby's cap from such ladies, or could in any way imitate their finery and grandeur; here is a way, then, in which their fashion may be imitated to the best advantage, and at the least expense. Think again; we sometimes hear of the death of women in childbed; happily these cases are very rare, in comparison of the numbers who do well; but of those who die, very few indeed die in immediate consequence of their delivery; a large proportion do well for a few days, but fall off in consequence of some mismanagement or improper indulgence, and then perhaps the blame is laid upon the doctor. How often and cruelly do we hear it said, 'Mrs. — is dead, whom Mr. — attended.' His professional character is unjustly injured, and he perhaps, from delicacy to the feelings of her afflicted family, forbears to say what he knows to be true, that her death was occasioned

by counteracting his directions and endeavours. Surely *your* life is too valuable and important to your family to be hazarded for want of a little self-denial; and I assure you I should think my labour in writing this little book well repaid, if it should prove the means of saving to her family some valuable wife and mother, by inducing her to adopt a safe and rational course in her confinement. On the third day the milk usually begins to flow, and is settled in its regular order by the fifth or sixth; until this important period is satisfactorily past, there is always danger of fever; if food of a heating kind be allowed, especially any stimulating liquors, such as beer, wine, or spirits, the milk, instead of flowing easily, will be obstructed, hardness of the breast may be occasioned, and even fever in the brain. Who, for the sake of a moment's indulgence of the palate, would hazard all this danger and suffering? I wish I could gain my point, and prevail on you to be content with the most simple food, such as I have above stated, until the milk flows freely, and the child sucks as freely; then I shall be happy to see you enjoy a little broth, or a light pudding; in a day or two more, a bit of plain roast or boiled meat, and after about the tenth or twelfth day, but not sooner, a little home-brewed beer, if you are in the habit of taking it—but if you do not habitually take beer, do not suffer yourself to be persuaded that it is necessary, either to recruit your own strength, or to impart nourishment to your child. These are great mistakes—but were formerly so prevalent, that I have known young mothers, to whom it was absolutely nauseous, compelled to swallow half a pint of porter three or four times a day. The strongest nurses and the healthiest children are nourished without the use of any fermented liquors. This mode is recommended in ordinary cases; where there is any unusual weakness, and a more nourishing diet is required, the medical attendant will of course direct accordingly.

424. Do not presume too much upon your strength, or tax it too far. I have heard some women boast of being down-stairs in a day or two, and some are even mad enough to stand at the wash tub; I have known women eat a large bason of strong broth immediately after their confinement; I have known them even to sup off a link of hog puddings, and drink beer the next night, and say they were not a bit the worse for it: that *may* be, but there is a true saying, 'The pitcher may go often to the well, and be broken at last.' All this is very imprudent and very wrong; a woman ought to be thankful for her safe delivery, and willing to take every proper care for

her complete recovery. If her husband is what he ought to be, he will not, I am sure, require, or, if he can prevent it, allow such improper exertions; it is no saving at all to put forward exertions beyond her strength; and if they are so ~~very~~ poor, that they cannot afford to pay any one for attending a few days to her family duties, and no kind neighbour, rich or poor, is willing to do it for the pleasure of doing good, much as I would wish to promote a spirit of independence among the labouring classes, I should say it was really their duty in such a case to accept the assistance of the parish rather than expose the mother's life and health to danger. The more a woman is kept in a lying posture for the first nine or ten days, the better; and I will answer for her being stronger and more able to discharge her duty to her family at the month's end, or even at the fortnight's end, by attention to this rule, than she would be in six weeks, if she wantonly exerted her strength during the first days of her confinement.

425. I have already given some hints on the management of the breasts, (see par. 340,) so shall only add a few observations here. Keep a warm cloth or flannel constantly over the bosom from the period of delivery; let the infant be put to the breast early—as soon as possible after its birth, within a few hours at latest. If you should find any little hardness or lump under the arm, keep the breast gently shaken about rather than rubbed; or you may apply colewort or plantain leaves, or a little salad oil, just under the arm, and where you feel the fulness; or great relief may be obtained by a fomentation of poppy heads and camomile flowers; but, as I observed before, great care is requisite to guard against taking cold. If your nipples are sore, or chapped, be careful to wipe them dry with a soft cloth after the child has sucked, and then scatter on them a little gum arabic, finely powdered and sifted through a muslin rag; or rather get a small limpet shell, (the children often have them to play with—something the shape of a bason or funnel, only very small,) put in this a little *very stiff* gum water, and fix it on your nipple; it will in a manner glaze the part, and defend as well as heal it. All oils and ointments do harm rather than good to the nipple; there are medicines which tend to heal the nipple, but which would be injurious to the child, and it is necessary to wash them off every time before the child sucks, and therefore we do not choose to mention them; if they must be used, let it be by good advice. This is not the case with what has been here recommended; the gum is perfectly harmless, and even

wholesome. Those who have been formerly liable to sore nipples, should, for several weeks before their confinement, apply to them cloths dipped in strong brine which has been boiled.

426. Do not, after the first few days abstain from eating vegetables, under the idea that they will disorder the milk; this is quite a false notion; what is wholesome and proper for you, is equally so in preparing milk for your child; very often, for want of a proper mixture of vegetable food, the milk becomes heating, the nipple is made sore, and the child disordered.

427. If, after all your care, you should be troubled with what is called a bad breast, that is, if there be inflammation, hardness, and pain, which there is reason to believe cannot be removed without suppuration, (or drawing to a head and breaking,) my first advice is, that you immediately mention it to your doctor; but if, as we have often had to suppose, you live in a village, and cannot get sight of your doctor more than once or twice in a week, and you must try something yourself, I will mention three different modes of treatment, each of which has been found successful.

1. Colewort leaves, as above recommended, removing them as they become hot and dry.

2. Tightly strapping the part with adhesive plaster, so as to make the shoulder bear the weight of the breast. This will often prevent the necessity of suppuration. The family plaster (par. 417) has been used for this purpose with great success, as also in dressing a breast that has broken.

3. Fomentations sometimes afford great relief, or a poultice of bread and water applied warm, or equal parts of bread and linseed powder, or a poultice of figs or onions.

When the gathering has broken, and there is an open wound, it may be dressed with the above-mentioned family plaster, applying under it a bit of soft lint. This has been successfully applied to very bad breasts, and such as I hope yours never will be, occasioned by neglect. Unless it becomes very uneasy, it had better not be dressed oftener than once a day, as it heals the better for being undisturbed.

428. If any unpleasant symptoms should occur in the course of your confinement, leading you to suspect that you have taken cold, or are in any respect not going on quite well, take the earliest opportunity of informing the gentleman who attended you. But if he should happen to reside at a distance, or any delay occur in sending for him, you cannot do better, when seized with pain and shivering, than to drink

freely of weak camomile tea, which will as soon as any thing throw you into a gentle perspiration, and carry off pain and fever. I say nothing about fomentations, because there is great danger of taking cold unless they are particularly well managed. If you should appear to have taken cold, without any considerable degree of fever, and that you are chilly, shivering, and cold in the feet, you might perhaps venture to take a small dose of Godfrey's cordial, not neglecting the camomile tea as well. But I repeat what I have all along said, get medical advice if you can.

429. When you get about again, be on your guard both against taking cold and fatiguing yourself by over-exertion, especially lifting great weights; remember, 'fair and softly goes far;' and two steps surely taken are better than ten and a stumble.

OF THE DISEASES OF CHILDREN.

430. *Means to be used for the recovery of still-born infants.*—This accident may arise from various causes, and require some slight difference of treatment, according to different circumstances, which it would be improper here to point out. But in general, if such an accident occurs, and immediate access cannot be had to professional skill, those on the spot will not err in observing the following directions. First, The infant should be immersed in blood-warm water, with its head placed uppermost, and a free current of air suffered to pass round it; several people crowding round impede the air, and often render all attempts useless. Second, The lungs are to be filled with air, by blowing through a quill, or any other ready contrivance, applied to one nostril, the other nostril and the mouth being carefully shut; at the same time the chest must be gently pressed with the hand. Third, This artificial action of the lungs is to be continued till the motion of the heart may be perceived, and a beginning attempt to breathe; then the pressure upon the chest should be discontinued, and the blowing into the nostril only occasionally repeated. Fourth, But if these means should not succeed in restoring motion to the heart, the infant must be taken out of the water, placed before the fire, carefully rubbed and wrapped in warm flannel. Fifth, The temples, nostrils, and round the lips, may be gently touched with a feather, dipped in ether, or spirits of hartshorn, or in the juice of an onion; a little spirits rubbed on the breast; and the buttocks and soles of the feet slapped with the palm of the hand. Direction fifth must not be adopted, if the child appears pale and

discoloured; in such a case the use of every thing irritating must be carefully avoided. The objects to be aimed at are two: One, to get the blood into a new mode of circulation by means of the heart and lungs; these are to be stimulated to action by means of sudden changes. The external air and dashing spirits on the breast strike a sudden chill; the warm water, or hot flannels and cloths, strike sudden heat. They also assist the second object, which is to keep up artificial warmth till natural warmth is excited. For this purpose every part of the infant should be incessantly rubbed with a warm hand.

431. *Weak eyes.*—These are often occasioned by exposure to drafts of air, or to a large fire, or strong light; all these must be carefully avoided. Let the mother frequently milk into the eyes, or let them be washed twice or thrice a day with warm water.

432. *Red gum.*—Most children a few days after their birth throw out a number of small distinct red spots rising a little above the skin. This is seldom attended with injury to the child, and only requires the common precautions of avoiding cold, and keeping the bowels in proper order. If the skin should become yellow all over, and the child appear drowsy, and not inclined to suck, it will be necessary to seek medical advice for it.

433. *The thrush, or sore mouth.*—This disease of infants is not nearly so common now as formerly, when both mother and infant were dosed with hot wines, spices, caudle, and other feverish and improper diet; it seldom occurs where both are properly treated. If the child should discover uneasiness in sucking, or the mother's nipple become sore, it will be proper to examine the mouth, in which, if it have the thrush, will be seen small white spots, resembling curdled milk; they begin on the tongue, and in the corners of the mouth, and inside of the cheeks, and spread over the palate and throat, as far as can be seen; the child generally suffers from gripes, and frequent stools of an unnatural appearance, and which occasion great soreness of the part. While the spots are white, no attempt should be made to get them off. If the child can suck, no food whatever should be given it besides the breast; but a tea-spoonful of the following liquid may be often put into its mouth: The white of a raw egg beat up with a little fine loaf sugar powdered, and mixed with two or three table-spoonfuls of cold water. Or it has been found very successful to wash the mouth frequently with liquor made in the following manner: Take a turnip or two, and an equal weight of mutton, cut them up into small

pieces, and stew a long time in a small quantity of water. This is both cleansing, healing, and nourishing, and is particularly useful when a child is very weakly, or cannot suck. It is also very useful when a grown person in illness has, or is supposed to have, the thrush; about which there was formerly a superstitious notion that it was a certain forerunner of death, which notion has often led to a neglect of proper means. As a proof how unfounded it is, the writer of these pages has twice had the thrush since childhood, and is still alive to tell it. A child who has the thrush must be kept very clean, washed twice a day with warm water, and fullers' earth applied as directed, par. 342, 343. In three or four days the spots turn yellow; the mouth may then be gently rubbed with a little borax, finely powdered, and mixed with about eight times its weight of honey, or fine sugar. If the mouth should become so much crusted that the child cannot suck, it should be fed with warm cow's milk, not thickened; but to six spoonfuls of milk may be added half a one of white wine, and the mother should have her breasts drawn for a day or two. Half a drachm of manna may be given, dissolved in a little warm water; or four grains of calcined magnesia, that is, about as much as will cover a sixpence.

434. *Stuffing of the head, or snuffles.*—A very troublesome complaint, which renders it difficult for a child to breathe or suck. It has been already observed, par. 341, that children whose heads are daily washed, if properly taken care of in other respects, are seldom liable to this complaint; when it occurs, a little salad oil, or fresh butter, should be rubbed on the bridge of the nose at night, which will loose the filth, and admit of its being thoroughly cleansed in the morning.

435. *Oppression of the chest and hoarseness.*—There is an old-fashioned remedy for this complaint, which has never yet been proved a bad one. It is a plaster of coarse brown paper, spread with deer's suet, or old tallow, and dipped in rum, at the same time giving occasionally a tea-spoonful, or dessert-spoonful, according to the child's age, of syrup of violets, and oil of sweet almonds. I would add to two ounces of this mixture one drachm of antimonial wine; but that I have resolved not to mention any drugs which may possibly do mischief, or any but those that are in every house, whether I mention them or not. If these should not afford speedy relief, it may be necessary to apply a leech or two to the chest; but on this you will seek better advice; however, prevention is better than cure; if proper attention were paid to the hints suggested, (par. 360,) we should not hear

of half the infants suffering and dying of inflammation of the lungs.

436. *Sickness*.—Infants are very apt to throw up the milk, and when they do so without turning pale, or becoming uneasy, or the breath smelling sour and disordered, it is of no bad consequence; at the same time it affords an opportunity of observing that they ought not to be allowed to suck too much at a time; and that when in prospect of weaning they begin to be fed, a very small quantity of food should be given at a time, and that not just before or after sucking. Sickness at the stomach in young infants is sometimes occasioned by a disordered state of the milk, or by having taken food that remains undigested. Nurses should carefully avoid all violent passions and agitations of the mind, a too long confinement of the milk, and such food as is unwholesome for themselves, and, as they find by experience, renders the milk unwholesome; such, for instance, as veal or pork underdone, pickled vegetables, or cold, sour, unripe fruits. When an infant becomes suddenly pale, with a blackness round the mouth, dullness of the eyes, and the flesh cold and flabby, if the mother feels conscious that in any way her milk may be disordered, even though the child should not attempt to retch, she may be sure that it must do so before it can be relieved, and should endeavour to promote it. Sometimes this may be done by merely setting the child upright; or rather stooping forward, rubbing the stomach, and keeping it in gentle motion; but if in a few minutes the child should not be relieved either by vomiting or stool, it will be proper to give it a tea-spoonful of ipecacuanha wine, and repeat it in ten minutes if the first have not operated. If, after the second dose, the uneasiness should continue, and yet vomiting not be produced, she should give it the breast. If it will suck, most likely the whole contents of the stomach will be speedily discharged, and the infant presently relieved. It is very likely, however, that its bowels will be afterwards disordered, and require the same attention as will be directed in the next paragraph.

437. The bowels of infants, being very tender, are often disordered in different ways. Sometimes they suffer from violent colic pains. In this case the feet are drawn up, the child screams excessively, and discovers great pain on being touched, ever so tenderly, about the belly. This complaint is sometimes occasioned by cold, or by suffering the clothes to remain on when they become wet; sometimes by the quantity of unsuitable food given to children, especially when the food is much sweetened. Sugar is very apt to turn sour in the sto-

mach of an infant, and to produce green-coloured, sour-smelling stools, especially if it have been warmed in the food. Of course it is natural that those children who live most wholly upon the breast of a healthy mother, and are most constantly under the care of an attentive and judicious mother, are least liable to these distressing pains. However, when the disease occurs, if it be slight, give a dose of castor oil; and this alone will frequently give relief; if it should not, there is no better medicine than Dalby's carminative.

438. And now, having mentioned this medicine, let me say a word of the use and abuse of it. I have no doubt but it has done harm in the world; I am certain it has done good. Some nurses, whenever a child is restless and uneasy, fly at once to remedies of this kind, by which improper use they become in fact useless; the child cannot be quiet or sleep without them, and in time cannot sleep without them. This does not do away the fact of Dalby's being a good and valuable medicine. The regulations under which I would have it used, are, First, Not without real occasion. Second, When that occasion exists, let it be given in a proper dose, and persevered in till it has effected a cure. Third, Then let it be entirely laid aside. By half doing things, people are always doing them; and thus it often happens, that instead of having recourse to medicine in a case of emergency, the use of it grows into a habit.

439. Under a violent fit of pain of the kind described, I have often seen great relief afforded by the use of the warm bath. Indeed it is so generally serviceable in case of violent pain, or sudden illness of almost any kind, the cause of which is not immediately known, that no house where there are young children should at any time be without hot water. It has been the means of saving many a life in infancy. It may also be of service, in violent pains of the bowels, to rub the part gently with a little spirits, or liniment, in the palm of the hand before a fire.

440. Some children suffer from costiveness. During infancy from two to four motions a day are proper; but if a child have regularly one proper evacuation, and is thriving and hearty, it will not be needful to interfere; less than this ought not to be suffered without an attempt to procure it. Castor oil is as good a medicine as any for this purpose; or the laxative syrup mentioned in the list at the end of this chapter; or a small piece of yellow soap may be introduced in the same manner as the apparatus for an injection; or a stiff parsley stalk, on the end of which has been rubbed a bit of butter or lard.

441. Sometimes children are troubled with a looseness; if this (as is often the case) be occasioned by teething, it will be right to give the child a laxative medicine, as rhubarb and magnesia, or castor oil. If it appears that the stomach as well as the bowels are out of order, it may be well first to give an emetic, then a dose of castor oil, and then Dalby's carminative, according to the directions, until the disorder is quite removed. The same course may be observed, omitting the emetic, when an infant passes clay-coloured stools of a most offensive smell; its bowels also should be gently rubbed with spirits or soap liniment. When children are at all, or in any way, disordered in the bowels, there are three things that require especial care, viz. First, To avoid cold. Second, Diet. Third, Cleanliness. The best food they can take, if they must have any besides the breast, is either arrowroot, or a piece of top crust of bread, (quite free from crumb,) boiled a long time in water, with a small bit of cinnamon; it should boil till it becomes a perfect jelly, and be sweetened with loaf sugar. When a child who is griped suffers unusual pain in passing its stools, the following will be found beneficial. Dissolve one ounce of gum arabic in a small quantity of water, and frequently give the child a little warm milk, mixed with as much of the gum as will make it taste rich and sticky; it may be sweetened with a little loaf sugar.

442. *Of Teething.*—All children suffer more or less during the period of teething. But their sufferings are often increased, and even their lives endangered, by improper management; such as feeding them upon strong, heating meat, or even highly sweetened food, and allowing them to drink beer, wine, or spirits. Most children who have been thus treated, die either while cutting their teeth, or under the attack of diseases which must be expected for all children, measles, hooping cough, &c. The best general direction, that can be given on behalf of teething children, is, that particular attention be paid to their general health; that they be properly managed in point of air, exercise, cleanliness, and food; that the bowels be kept regularly open, and that every thing of a heating or irritating nature be carefully avoided.

443. As to particular symptoms. If a child is in violent pain and very feverish in consequence of teething, it will probably be relieved by putting it into a warm bath. If he can be induced to take hold of any thing, a piece of wax candle, fresh licorice root, crust of bread, or a ring of ivory, bone, or India rubber, should be put into his hand, with which he may rub the gums, and thus assist the tooth in forcing its way

through. If the child will not do it himself, the mother should gently rub the gums with her finger and a little honey or syrup of saffron.

444. If the child be very weak, and his bowels disordered, he ought to be fed twice a day with beef tea; taken out as much as possible in the open air when the weather will admit; washed plentifully with cold water, and sponged with cold water and vinegar.

445. A Burgundy pitch plaster is sometimes serviceable, worn between the shoulders the whole time of teething.

446. It is often necessary to lance the gums; this is but a momentary operation, and often affords immediate relief.

447. If the child should not only be very feverish, but drowsy and heavy in his head, some opening medicine must be given; and if, after its operation, and the use of the warm bath, relief is not obtained, a leech or two, according to the strength of the child, may be applied under the ear. It may be necessary to apply a blister on the nape of the neck; but if a child should suffer so much as to require these remedies, in all probability medical advice will be sought, and it is needless for me to give any further directions.

448. *Of Convulsions.*—When an infant suddenly turns pale, his eyes and features distorted, his limbs agitated, or suddenly stretched out, his hands clenched, and he sometimes lies in a lifeless, insensible state, at others violently screaming;—in such a distressing case, the first thing to be done is completely to strip the infant, and carefully examine every part of his person, in order to ascertain whether the illness may arise from any accidental cause. Then, as quickly as possible put him into a warm bath, as warm as the hand can easily bear; if he does not soon recover, some spirits of hartshorn may be added to the water. If the vessels of the neck appear full, and the stomach oppressed, a wetted feather should be forced into the upper part of the throat, so as if possible to produce vomiting. The warm bath in general affords alleviation, and therefore should always be resorted to without delay, especially if the fit is attended with paleness and chills; but if the skin be burning hot, relief is sometimes obtained by sponging the face and neck with cold water and vinegar.

449. When the fit is off the child's mouth should be examined, and the gums lanced over those teeth which appear the most advanced; some opening medicine should be given; and amber oil, or oil and hartshorn, rubbed over the backbone every six or eight hours.

450. When a child has a severe inflammatory cold, an emetic should be given; its bowels kept properly open; it should be put in a warm bath every night while the cold lasts, and should be rubbed with amber oil over the sides of the chest every six or eight hours.

451. *The Croup*.—The croup generally begins in a hoarse, barking cough; afterwards an alarming difficulty of breathing comes on at night, and the breathing and cough are attended with a peculiar kind of sound; a great quantity of thick phlegm is collected, which can seldom be thrown off. As this is a very fatal complaint, and often very rapid in its progress, proper advice should be sought on the first appearance of it; but when that cannot be had, if a child has discovered the slightest degree of the above symptoms, care should be taken to have warm water in the house, and a light burning. There should also be close at hand a little of the very coarsest brown sugar, mixed with fresh butter. If the child wakes with hoarseness, cough, or difficulty of breathing, give a tea-spoonful of this mixture; it will very possibly soften the throat, loosen the phlegm, and thus give relief; if so, it may be repeated through the night as often as occasion requires; if it should occasion sickness it will be all the better. It often has given immediate relief in a croupy cough and cold, which though not nearly so dangerous as the true croup, have sometimes been mistaken for it, and occasioned great distress and alarm to parents, especially if at a distance from medical advice. If these simple means should not afford relief, the child should be put into a warm bath, and after remaining in for at least ten minutes should be rubbed perfectly dry, wrapped in flannel, and put to bed in a moderately warm room. If the butter and sugar have not produced vomiting, or if evident relief has not been afforded, some medicine should be immediately given which will both vomit and purge. Calomel is the most approved and efficacious, but it is too hazardous to be recommended in a work like this. An emetic of antimonial wine, and a dose of castor oil, if those medicines are within reach, may be ventured upon; but let it be repeated, *only* under the absolute impossibility of obtaining proper advice. If, upon vomiting being produced, relief is obtained, it will not be necessary to use any other powerful means; but if this should ~~not~~ be the case, several leeches, and afterwards a blister, must be applied to the chest. While the disease lasts, if the child be not weaned, he should take nothing besides the breast; otherwise nothing more than liquids, such as barley water, apple or orange whey, milk and water, or toast and water; as

he recovers the food must be of a more nourishing kind, but given in small quantities, and often repeated; arrowroot, sago, milk thickened with isinglass, and when all fever has ceased, chicken broth or beef tea. Great care must be taken to avoid cold and damp.

452. There is a complaint very much resembling the croup, to which some children are liable during teething; a crowing noise very much like that of croup comes on suddenly, and the child appears in danger of suffocation, but the cough, if any, is not hoarse, and the breathing between whiles is free; by these marks it may be distinguished from the regular croup. The best method to pursue in this case is, to watch the gums, and lance them as required; to open the bowels freely with *sal polychrest*, or rhubarb and magnesia; to give Dalby's carminative every four or five hours; and to rub the outside of the throat every six hours with oil of amber, or oil and hartshorn.

453. Teething children are frequently liable to a disagreeable breaking out over the face; a like circumstance sometimes follows measles, or any other complaint of a lowering tendency. In either case proper attention must be paid to the general health; but for an application to the part nothing is more safe and efficacious than tripe liquor; it should be obtained from the tripe boilers, fresh and warm, as often as possible; this will be perhaps twice or three times a week; what remains after the first using must be kept in a cool place, and a little made warm for use when required. The part affected should be well washed at least every night and morning.

454. The same application, it is believed, will be found useful in that very troublesome complaint called ringworms on the head: the head must be kept closely shaved, and a cap of oiled silk worn. There are many remedies extolled for these troublesome complaints, but some of them are confessedly of a dangerous nature, and ought not to be trusted in unskilful hands; and others, the composition of which is concealed, are probably at least as much so. If safe and simple means, of which cleanliness is one of the most essential, do not succeed, it is better to seek regular advice. The following has been found very efficacious, and acknowledged so by medical men: Get the coom off a church bell, that is, the grease from the part where it swings,—mix it with a little sweet lard, and apply daily—washing the head with warm water and soft soap. The peculiar combination of metals used for large bells renders the verdigris different from that of bells in general.

455. *Chilblains*.—To avoid them be careful never to sit in

wet shoes,—never to come near the fire when very cold,—to take plenty of exercise, and, if needful, to wear gloves and socks of oiled silk or wash leather. If they appear, let them be rubbed every night with soap liniment, or with a red onion cut in half, and sprinkled thickly with common salt. If they break, let a thin plaster of the following ointment be applied twice or thrice a day. One ounce of deer's suet or hog's lard, one ounce of bees' wax, and half an ounce of oil of turpentine, melted and stirred well together; or better still, the family plaster, par. 417.

456. *Worms*.—To prevent them, avoid unwholesome food, especially in infancy, a sloppy pan often given to children made by sopping bread in tea, or hot water, and generally sweetening it most unmercifully; and for children, all sweet or sour trash, gingerbread, sugar-plums, unripe fruits, &c. If a child is suspected of having worms, give it six or eight common raisins every morning fasting; after some days, give it a dose of *sal polychrest* according to its age, and in three days another; or if it be preferred, castor oil or senna tea will answer the latter purpose. Tea made of rue, camomile flowers, or worm crade, is beneficial; but it is very difficult to get children to take it in sufficient quantity, and with perseverance enough to do much good. I have heard the following recipe for the cure of worms strongly recommended, but never having tried it myself, can say but little about it. Twenty grains of worm seed, and twenty grains of rhubarb, well mixed in a tea-cupful of treacle; a table-spoonful to be given every morning early and fasting; continue for a week, then leave off a week, then go on again till all symptoms of worms have ceased. Common salt is one of the best antidotes of worms; children should be accustomed to eat it freely with their food, by way of prevention. If they have worms salt may be used as a medicine;—according to the age of the child, give from a quarter of an ounce to an ounce of common salt dissolved in a wine-glassful of warm water, to be taken in the morning fasting,—next morning give a table-spoonful, or more, of castor oil; then stop one morning, next morning give the salt again, then the oil, then stop a day. This round repeated twice, or at most three times, will generally complete a cure, but then great attention must be paid to the matter of diet, giving only nourishing, digestible food, or the disposition to generate worms will again discover itself.

457. *Measles*.—When a child appears heavy, drowsy, and feverish, sneezes often, the eyes and nose run, and are red

and inflamed, it may be supposed that he is sickening for the measles. The first thing to be done is to clear out his stomach and bowels, by means of an emetic and purgative suited to his age; after which he should be put into a warm bath, carefully dried, and kept in bed. It is necessary that he should be kept in *one* temperature, or degree of warmth, but it is not necessary or beneficial that that should be at all warmer than is agreeable to a person in health. In cold weather a small fire in the room may be desirable, but it would be improper when the weather is warm; the light should be shaded from the eyes, (which are extremely tender,) but curtains should not be drawn round the bed. No solid food must be thought of, but plenty of warm drink given, such as barley water, bran tea, orange or apple whey, grit gruel, &c. The measles appear at first on the breast, back, and forehead; they resemble flea bites, and are not raised above the skin; they gradually spread over the whole skin, and about two days after they have so spread, begin to change to a brownish red, which continues distinct during the third day; after that it gradually turns pale, and the skin becomes covered with branny scales, like fine oatmeal. Sometimes there is a great degree of hoarseness, cough, and difficulty of breathing, and generally considerable fever. If the fever should be high, with tightness and pain in the forehead, and dryness of the throat, great relief is often afforded by drawing in the steam of hot water. The warm bath may be frequently used, at least every night, and between whiles the steam may be drawn in, as recommended for a sore throat. If the cough and oppression of the chest are considerable, another and more active purgative must be given, and a blister applied on the chest. It was formerly common to bleed in measles, but is very seldom practised now; this is mentioned to guard you against applying leeches, unless considered absolutely necessary by a skilful medical man. The measles of themselves tend very much to weaken the frame and impoverish the blood, and this effect had not need be aggravated. When the eruption begins to decline, the skin should be sponged two or three times a day with warm water, and two or three doses of physic should be given at the distance of every third or fourth morning. The food must now be light, yet nourishing; milk, with isinglass or gum arabic, bread puddings, and if there be little or no cough, beef tea, and a small quantity of meat. A mutton chop lightly broiled, or a slice out of a joint of roast mutton, is the best meat that can be given to an invalid. If the child be weak, as is almost always the case, it

will be right to give him strengthening medicines; (as mentioned in the list;) and a small quantity of port wine every day. To a child five years old and upwards may be allowed a table-spoonful of wine, in which he should dip a bit of bread or biscuit. It does much more good so than hastily drank off. A child recovering from illness will be greatly relieved and strengthened by being frequently sponged with cold water and vinegar.

458. The scarlet fever very much resembles the measles, and requires in ordinary cases much the same treatment. If the heat of the skin be very great, it may be frequently sponged with cold water and vinegar. If the throat is sore, it should be frequently gargled; and if the head is very much affected, a leech or two, according to the age of the child, may be applied to each temple. The physicking and strengthening may be carried on the same as in the measles. These directions will suffice in slight attacks; where the disease appears violent the best medical advice ought to be obtained.

459. *Hooping cough.*—For this disease, gentle emetics should be given frequently; the bowels kept properly open; the food should consist of milk and vegetables; new flannel should be constantly worn next the skin. Garlic ointment, or oil of amber, and spirits of hartshorn, should be rubbed every night and morning on the back bone, pit of the stomach, soles of the feet, and palms of the hands. The child should not on any account be exposed to a keen or damp air; but change of air is very beneficial, if it can be taken without exposure to cold. In the list at the end, see cough drops, half a tea-spoonful of which (more or less according to its age) may be given to a child once or twice a day, particularly at bed time, in a little barley water. Great relief has been obtained in the hooping cough by the use of alum, though it does not deserve all that has been said of it; with some children it produces decided, and almost immediately, beneficial effects, but with others it takes no effect at all. For those parents who choose to try it, the dose is a grain for each year of the child's age, to be given, finely powdered, with a little sugar, or barley water, three times a day. Much depends upon its being given with regularity and perseverance.

460. Rickety children are pale, feverish, and bloated, weak in the joints, and disproportionately large in the head and belly. The too frequent cause of this complaint is neglect of wholesome food, cleanliness, and good nursing. If such be the cause, the cure must be chiefly sought in an opposite course; a strengthening diet, the cold, or tepid (that is, not

quite cold) bath, with salt in the water, and dry rubbing of the whole body daily, and plenty of air and exercise. If this be not the cause, if the nurse is conscious that she has done her duty, and cannot account for the indisposition of her child, let her seek the advice of some able professional man.

COOKERY FOR THE SICK.

461. *Gruel*.—The best flavoured and most nourishing gruel is made of grits: half a pint of grits will make two quarts of gruel, and after being strained off, the grits may be boiled again, and will make one quart more. The saucepan should be kept particularly nice and clean. The first gruel will take about three quarters of an hour to boil, and the second rather longer; let it be well stirred to prevent its burning to the bottom of the saucepan. When strained off, let it be set by in a clean vessel, and in a cool place. Gruel should be made fresh every other day in cold weather, and every day when the weather is warm. This gruel, with a little salt, or, if preferred, sugar, and a little bit of butter, and eaten with toast, bread and butter, or dry biscuit, is all that ought to be allowed to lying-in women for the first four or five days. Those who insist upon living better generally suffer for it.

462. If you have no grits in the house, or gruel is wanted very quickly, it may be made with oatmeal in the following way. Stir, till very smooth, one large spoonful of oatmeal with two of water, and pour it into a pint of water boiling on the fire; stir it well, and boil it quickly, but be careful that it does not boil over; when it has boiled ten minutes, or a quarter of an hour, strain it off.

463. *Caudle* may be made in the same manner, only that the oatmeal should be mixed with good, clear, mild beer, and stirred into the boiling water, with a small pinch of allspice finely ground; and when it has boiled long enough, add, to a quart of gruel, a table-spoonful of moist sugar, and a glass of gin, stirring it in well.

464. *Rice gruel* may be made in the same manner; or, as it is generally ordered when the bowels are very much relaxed, and it is wished to check this tendency—when such is the case, it may be made with water only, (as directed for oatmeal, par. 462,) a bit of cinnamon and dried orange peel boiled in it, and when boiled enough, sweetened with loaf sugar, and a table-spoonful of brandy added to a pint of gruel.

465. *Flour caudle*.—Set over a very clear fire, half a pint of new milk, with a bit of cinnamon, and about six good-sized lumps of sugar; rub very smooth two dessert-spoonfuls of the

best flour, adding to it by degrees half a pint of water; the moment the milk boils stir into it the flour and water, and let it simmer gently over a very clear slow fire for twenty minutes, carefully stirring it, or it will be apt to burn. This is a nourishing food, very good for weak bowels, and for infants; but if it is intended for an infant the cinnamon should in general be omitted.

466. *Barley gruel*.—Wash four ounces of pearl barley; boil it in two quarts of water with a stick of cinnamon, till it is reduced to one quart; strain, and then return it into the saucepan, with a pint of port wine and some loaf sugar, and stir it over the fire two or three minutes. This is a good method of administering port wine, when it is ordered, for supporting the strength under alarming and exhausting disorders. It may be rewarmed as wanted. Here observe, when wine or other cordials are ordered, those who nurse the sick person should ask for exact directions as to the quantity to be given, and act accordingly. A little may be necessary when more would be injurious. On the other hand, do not be afraid to give what a skilful medical man directs, though the quantity to you may seem excessive; perhaps it is the only chance of saving life. Doctors are not apt to recommend the free use of powerful cordials unless they see an urgent necessity for so doing.

467. *Panada*.—Set on the fire a glass of white wine, with an equal quantity of water, three or four lumps of sugar, and a scrape of nutmeg; and lemon peel; meanwhile grate a large table-spoonful of crumbs of bread, and the moment the liquor boils put the crumbs in, and let it boil as fast as it can. When it appears well mixed and thickened take it off.

468. Or if wine be not proper, boil only water, lemon peel, and sugar; add the crumbs of bread, and when nearly done squeeze in the juice of an orange; but let it all boil, for if any thing is added after it is taken off the fire, the panada becomes broken and watery.

469. *Arrowroot*.—In purchasing this be sure to get the best, though you pay a penny an ounce more for it. For those who have weak bowels or stomach, it is of the greatest consequence that every thing be genuine. Arrowroot may be made with milk, or with wine and water; a large dessert-spoonful makes half a pint. It must be rubbed smooth with a very small quantity of cold milk (or water) at first, gradually increased to about two spoonfuls, and then stirred into the remainder while boiling; when it boils up, a minute or two will do it. If made with milk it may be flavoured with cinnamon or nutmeg, and sweetened with fine moist, or loaf sugar, ac-

cording to the state of the bowels; if they are confined, moist sugar is the best; if relaxed, loaf sugar. If arrowroot is to be made with wine, a glass of white wine, or a spoonful of brandy, is the quantity for half a pint. Boil up sugar, water, wine, and nutmeg, as directed for panada, and stir in the arrowroot, moistened with a small quantity of cold water.

470. *Sago*.—The berries should be soaked an hour in cold water, then pour that off, and add, to a large table-spoonful of sago, a quart of water; let it simmer gently a long time, till the berries are quite tender, and it has become thick; if wine is to be added, put the less water; when it has boiled away to a pint, add two glasses of white wine, and a little lemon peel or nutmeg, and sugar. Boil all up together.

471. Or boil the same quantity of sago very slowly in a quart of new milk, till reduced to about a pint, and sweeten. A person who is weak should stir a spoonful or more of this into his tea or coffee, as milk.

472. *Beef tea*.—Chop up a pound of fleshy beef, free from fat, as fine as for sausage meat, put to it a quart of boiling water; let it boil twenty minutes, as fast as possible, stirring down the scum as it rises. This is rather an expensive way of making beef tea, but it is incomparably the best and most nutritious.

473. *Shank broth, or jelly, cheap and very nourishing*.—Soak twelve mutton shanks four hours, then brush and scour them very clean; put them into a saucepan, with one pound of lean beef, a crust of bread made very brown by toasting, and (if approved) an onion, or any kind of herb for flavour; add four quarts of water, and let it boil gently, but not stop boiling, for five hours, then strain it off. It will be a stiff jelly, and keep good several days.

474. *Chicken broth*.—In too many houses, the heads and feet of chickens are thrown away, and the bones also, as they come from the table. Perhaps it may not have occurred either to the mistress or the cook that they would afford valuable nourishment to a poor sick neighbour. There are many people in the world good-natured, but thoughtless; could they be brought to consider how much good they might do, without a farthing's expense, they would, very likely, gladly adopt any hints on the subject. Of every boiled chicken (and, as we have elsewhere observed, of all boiled meat) the liquor should be saved; the heads and feet scalded clean, which will scarcely take a minute to do, and boiled with the bones as they come from table, and a toasted crust of bread: or the bones of roast chicken, with heads

and feet, may be boiled in water, but the quantity of course must be smaller: let it boil till the bones become white, then strain it off; there will be as much good nourishing broth as any sick person can take at two meals. And who would think much of the trouble? I have often seen such things thrown to the dogs, by persons who were afterwards brought into such circumstances as gladly to accept a bason of broth made from them.

475. *Of broth in general.*—A pound of lean meat will make about a quart of broth, not more. If two or three kinds of meat are used the broth is more nourishing, and better flavoured; and little trimming bits of beef, veal, and mutton, may often be got at the butcher's very cheap. The proportion of water will be three pints to each pound of meat, to be boiled till reduced to a quart, or rather less. The meat will then be good for eating, and the broth fit to strain off; an onion, if approved, gives a pleasant flavour, and is never improper. The gristly parts of an animal, such as knuckle and breast of veal, shanks of mutton, &c., afford the most strengthening broth, but not so rich flavoured as that which is made from lean meat, especially from the loin of the animal. It is very well if you can to have part of both.

476. It is generally directed to let broth stand till cold, in order to clearing it of fat; but I think broth is never so nice as when fresh made; and the fat may be nearly all removed with a spoon, or if any should remain, lay at top a piece of blotting paper, it will draw it all up.

477. A very nourishing broth against any kind of weakness, especially after lying-in, or for elderly people who have weakness in the back, may be made, from two pounds of loin of mutton, (the fat taken off,) boiled with a large handful of chervil, in two quarts of water till reduced to one.

478. Very nourishing broth may be made of fish of almost any kind, the more thick skinned and glutinous the better. The following is an excellent broth: Half a pound of small eels or grigs; set them on with three pints of water, an onion, a few pepper corns, and some parsley; let it simmer till the eels are broken, and the liquor reduced to one half; then add salt, and strain it. Some people like a spoonful of vinegar added; and if the bowels be not disordered, there is no objection to it.

479. *Calves' feet broth.*—Boil two feet in three quarts of water till reduced one half, strain it and set it by; when cold, take off the fat; and when it is to be used, put a large tea-cupful of the jelly into a saucepan, with half a glass of mountain,

raisin, or cowslip wine, and a little nutmeg and sugar; when it nearly boils, have ready the yolk of an egg finely beat, stir to it by degrees a little of the jelly, then stir it in all together; but do not let it boil. This is less troublesome and expensive than calves' feet jelly, and quite as nourishing.

480. *Meat panada*.—Sometimes it is requisite to give animal nutriment in a more solid form than that of broth or jelly, when the person has not an appetite for meat; when that is the case, it may be managed in the following manner: Take the white meat of chicken, or rabbit, partly, but not thoroughly boiled, perfectly clear it from skin, shred it as fine as powder, or, if you have a marble mortar, beat it to a paste with a little of the liquor it was boiled in; put a dust of salt and nutmeg, and a little scrape of lemon peel, simmer it gently a few minutes, with as much of the liquor as will bring it to the thickness of gruel. Roast veal, mutton, or beef, may be shred and warmed in the same manner, with a little of the gravy from the dish, provided there be no butter in it; but the white meats are most easily shred. Or it is a very good way, when a sick person cannot take solid meat, and yet wants nourishment, to lay two or three sippets of toasted bread in the dish with a roast joint of meat, and as the gravy runs, to let it drip on them till thoroughly moistened.

481. *Gloucester jelly*.—Rice, sago, pearl barley, eringo root, and harts horn shavings, of each one ounce; simmer in three pints of water till reduced to one, then strain it; when cold it will be a stiff jelly, a spoonful or more of which may be given dissolved in tea, milk, or broth; or if wine be allowed, warm a table-spoonful or two of the jelly with a lump of sugar, and add to it a table-spoonful of wine.

482. *White calves' feet jelly*.—Bake two calves' feet, with a quart of new milk and a quart of water, in a jar closely covered, three hours and a half; when cold remove the fat, it may be flavoured with lemon peel or cinnamon: and if it is to be eaten cold, may be sweetened with loaf sugar when it comes out of the oven; but if it is to be rewarmed when eaten, it had better be sweetened at the time. Sheep's trotters may be done in the same way.

483. *Isinglass jelly*, to keep in the house, and stir in broth, tea, &c., as par. 481. Boil one ounce of isinglass shavings and a brown crust of bread in a quart of water till reduced to a pint; then strain it through muslin and set it by.

484. *Isinglass with milk*.—Boil one ounce of isinglass and a bit of cinnamon in half a pint of water nearly half an hour, then mix to it a pint of new milk and some loaf sugar; let it

boil up once, and strain it off. It may be eaten either warm or cold.

485. *Ground-rice milk*.—Set a pint of milk on the fire, with a bit of cinnamon, lemon peel, or nutmeg; rub smooth a table-spoonful of rice, with as much cold milk as is necessary, and when the other milk boils, stir it in, and let it boil a few minutes; when nearly done, sweeten it.

486. *Eggs* are very nourishing, as well as light, and are often recommended when solid meat is not allowed; they are most wholesome raw, and may be eaten in various ways. Beat up fine with a little moist sugar, and stirred into a wine-glass of spring water; in this way they are very serviceable for a cold and hoarseness.

487. Or two eggs beat up with sugar and nutmeg, and stirred gradually into half a pint of boiling milk.

488. Or the yolk and white beat up separately, and then mixed with half a glass of white wine, and half a glass of warm water. If dressed at all they should be very lightly boiled or poached, and the yolks only eaten by sick persons.

489. A light pudding is sometimes allowed in sickness, or lying-in, when meat would not be proper; and as it is not every sick nurse who has a notion of making a light delicate pudding to suit the sickly palate and tender stomach, it may be of use here to give a few directions on the subject.

490. *Bread pudding*.—A piece of crumb of bread about the size of a duck's egg, crumbled into as much boiling milk as will just soak it; while boiling hot, stir it gradually on to an egg which has been finely beaten; add a little sugar and nutmeg; put it into a small tea-cup previously buttered, which let it exactly fill; tie it over with a nice clean cloth buttered, (not floured,) put it into a saucepan of water fast boiling, and let it boil twenty-five minutes. A pudding with two or three eggs will take proportionably longer to boil.

491. *Batter pudding*.—Beat an egg very fine; mix to it one table-spoonful of flour thoroughly smooth, and then a table-spoonful or rather more of milk, a very small pinch of salt and dust of nutmeg; butter your very small tea-cup and cloth, as above, and boil it half an hour.

492. *Ground-rice pudding*.—Half a pint of milk, a small table-spoonful of rice; mix the rice smooth with a small quantity of the milk cold, and stir it into the rest boiling; by the time it thickens, have ready two eggs finely beaten, gradually mix to them the rice milk, and sweeten; butter a dish, put it in, grate a little nutmeg over, and bake about twenty minutes.

493. *Sago pudding*.—Boil a large spoonful of sago in half a pint of milk till tender, then add two eggs, sugar, and nutmeg as above, and bake it slowly; it will take nearly three quarters of an hour. Or it may be merely beat up with eggs and cold milk, just the same as a batter pudding, only using sago instead of flour.

494. In general it may be observed, that in flour puddings the eggs should be perfectly mixed with the flour before any milk is added; but with rice, bread, or other puddings, in which the milk is boiled, the best way to prevent the eggs curdling, is to mix them gradually with the milk *boiling hot*, and put it immediately in the oven. Many people leave the bread and milk, or rice milk, to become cold, and then add the eggs; this is more trouble, and does not answer so well. A laurel or peach leaf boiled in the milk gives a pleasant flavour.

495. *Drinks for persons in fevers*.—*Toast-water*.—Toast slowly a piece of bread till very brown and hard; but do not suffer it to catch fire, or become at all black; plunge it in a jug of cold water (not pour the water over the toast) and cover it up.

496. *Barley water*.—Wash a handful of common barley, and simmer gently in three pints of water till reduced to a quart; or, boil one ounce of pearl barley in a little water two or three minutes to cleanse it; then pour off the water, put a quart of fresh water, and let it simmer an hour. It may be sweetened and flavoured with cinnamon, or lemon peel if agreeable. If the bowels be confined, let it be sweetened with honey, or boil in it a few raisins, or figs. If the person have a strangury, or difficulty of making water, dissolve in it some gum arabic. If it be desired to promote perspiration, rub a drachm of powdered nitre with a little powdered sugar or honey, then mix a little of the boiling barley water to it, and go on by little and little, adding a pint. A tea-cupful of this may be taken warm three or four times a day. If for a child, the quantity must be lessened. This is particularly proper in cases of sore throat.

497. *Currant drink*.—To a pint of fresh-gathered currants (stripped) put a pint of water; let them boil together ten minutes or a quarter of an hour, then strain, and sweeten to taste; a few raspberries added give a pleasant flavour. The same may be produced in winter by simmering two table-spoonfuls of currant jelly in half a pint of water.

498. *Raspberry vinegar*.—Put a quart of raspberries and a quart of the best vinegar into a china bason; let them stand

a day, then strain off the liquor on to a quart more raspberries; do not squeeze, but drain the pulp as dry as you can; and to prevent waste of juice, it may be well to wet your straining cloth with vinegar; the day following repeat this process on another quart of raspberries. Having stood a day and been again drained off, the liquor is to be simmered in an unglazed earthen pipkin or stone jar, with one pound of fine loaf sugar to each pint of liquor; let it simmer about a quarter of an hour; when cold, bottle and closely cork it. Be careful that through the whole process no metal or glazed earthen vessel is used. Some people put all the raspberries at once, and let it stand three days, which perhaps answers as well. A table-spoonful of this liquor in a glass of water, makes a most refreshing drink for sick persons, and is particularly serviceable in complaints of the chest.

499. *Apple water*.—Cut two large apples in slices, and pour a quart of boiling water over them; strain in two or three hours, and sweeten to taste; or, boil the apples in three pints of water till reduced to a quart.

500. *Orange or lemon drink*.—Squeeze the juice of four oranges or lemons; rinse the pulp and rind in half a pint of boiling water; simmer another half pint of water with eight or ten lumps of sugar till thoroughly dissolved and mixed; when all are cold, mix them well together, and strain through muslin or flannel.

501. *Mucilage of gum arabic*.—One ounce of gum arabic in powder, mix well with two table-spoonfuls of honey; shave a little rind of lemon; clean off the white pith, and cut the lemon in slices into a jug, then stir on it, by degrees, a pint and a half of boiling water. This is particularly good in any complaint that affects the chest, as cough, consumption, measles, &c.

502. *Bran tea* is made by boiling a large handful of bran in a quart of water till it thickens; then strain it off and sweeten. The gum, honey, and lemon, may be added as above. It is useful in the same complaints.

503. Tea made of balm mint, sage, marigolds, or cowslips, is often found refreshing. Balm tea is most cooling; mint the most comforting to the bowels; sage or marigold, most reviving; and cowslip tea has rather a composing tendency. To have them nice, they should be made fresh and fresh. A gentleman farmer in Berkshire who lived to upwards of ninety years of age in uninterrupted health, never, through his whole life, drank any other tea than that of sage.

504. *Camomile tea* is often rendered nauseous by suffering

it to remain far too long on the flowers; after ten minutes, or even less; no further good properties are extracted from the flowers, only a nauseous bitter. Half a handful of flowers will make a quart of tea sufficiently strong for any purpose. If a person who takes camomile tea to strengthen the stomach, finds a lowness and sinking, six or eight cloves may be added, and a tea-cupful be taken cold, the first thing in the morning.

505. *Imperial drink*.—Cream of tartar and loaf sugar, of each half an ounce; the outer rind of lemon, either fresh or dried; pour over a quart of boiling water. When cold, strain it off.

506. *Soda water*.—Dissolve, in a large glass containing a wine-glassful of water, a small tea-spoonful of carbonate of soda; squeeze into it the juice of lemon, or Seville orange, and drink it off quickly while it hisses; if fresh fruit cannot be had, citric or tartaric acid (which may be had of the druggist's) will answer the purpose. Dissolve in another glass half a tea-spoonful of either of these acids, pour it into the soda, and drink it off instantly. It may be taken every three or four hours while feverish thirst continues. It is a very proper drink in the measles; but the quantity must be reduced according to the age of the child.

507. *Linsed tea*.—Boil two table-spoonfuls of the seeds in three pints of water till reduced to a quart; then strain it off; it may be sweetened with Spanish licorice, or, if preferred, sweetened with honey, and made sharp with lemon juice or vinegar.

508. Licorice roots and marsh-mallow roots, of each two ounces; boil in three pints of water till reduced to a quart; strain it, and let it stand to settle; then pour it off clear from the grounds. These two last are good drinks in coughs and complaints of the lungs. A tea-cupful may be taken three or four times a day.

509. *Whey*.—Cheese whey is a very wholesome drink; so also is buttermilk, especially in the spring time when the cows have good fresh herbage.

510. *White wine whey*.—Put half a pint of new milk on the fire; the moment it boils, pour into it as much white wine as will turn it; cowslip wine is the best, if it can be had; let it boil up, then stand the saucepan aside till the curd settles, and do not stir it; then pour off the whey, and add to it half a pint of boiling water, and sweeten with loaf sugar. If skim milk is used no water need be added, but the wine should not exceed a wine-glassful.

511. Whey, made with vinegar, orange, lemon, apple, or honey, answers every purpose of producing perspiration, and is not heating like that which is made of wine. There are two ways of making it; the second is preferable. 1. Slice an orange, lemon, or apple, into a pint of milk and water, and boil till it is clear; then sweeten and strain it. Or, 2. Turn half a pint (or rather less) of boiling milk, with as much vinegar, orange, or lemon juice, as will make it quite clear; then mix with it as much boiling water as will bring it to a pleasant, sharp, acid taste, and add a lump or two of sugar.

512. *Honey, or treacle posset.*—Into half a pint of boiling milk, or milk and water, stir a large table-spoonful of honey, or treacle; let it boil up quickly, then stand it aside for the curd to settle, and when it has done so, strain it off.

513. *Mustard whey.*—To a pint of boiling milk add an ounce and a half of bruised mustard seed; boil it till the curd completely separates; then strain it off to a pint of boiling water, sweeten, and boil it up once. This is particularly good for old people labouring under cold rheumatism, palsy, or dropsy. It is also sometimes recommended in low fevers. The dose is a tea-cupful four or five times a day.

514. *Essence of malt, for a cough or hoarseness.*—Two quarts of the very strongest sweet-wort, set over a slow fire, in a very clean tin saucepan, with the lid on till it boils; then take off the lid, and stir it frequently, not taking off the scum, but stirring it down. When it has become so thick a syrup as with difficulty to drop from the spoon, it is done; when cold, put it into bottles and cork it tight. Take two tea-spoonfuls twice a day, and the last thing at night.

515. *Vegetable syrup for the same purpose.*—Boil two table-spoonfuls of linseed in a pint of soft water till reduced to one-half; strain it, and add one pint of lemon juice, and three pounds of the coarsest brown sugar. Let it simmer all together over a slow fire for upwards of two hours, skimming it as the scum rises. This is supposed to be Godbold's celebrated and very expensive syrup. Whether or not it is so, it has been found very successful in relieving hoarseness or husky cough. Lemons are in general very expensive; and the same purpose may be answered by using good white-wine vinegar, or a small tea-spoonful of citric acid.

516. *For a dry, tickling cough.*—One ounce of spermaceti in powder, one table-spoonful of honey, a table-spoonful of simple peppermint water, and the yolk of a new laid egg; beat it up together, and take a spoonful often.

517. Honey and vinegar simmered together, have often

been found beneficial, in an asthmatic cough. Or the following:

518. Sugar candy bruised, oil of sweet almonds, and lemon juice, mixed together.

519. *Gargles.*—If a softening gargle be wanted, as is the case when in a sore throat the person finds a quantity of phlegm collected which he cannot throw up, the following may be used. Take an ounce of marsh-mallow roots, and three or four Turkey figs, boil them in a quart of milk and water till nearly half reduced; then strain the liquor on a table-spoonful of honey, and add half an ounce of volatile sal ammoniac.

520. If a sharp, scouring gargle be wanted, and one that shall brace the throat and palate, the following is recommended: Take a handful of sage leaves, and a handful of red rose leaves; pour over them a pint of boiling water; in half an hour pour it off, and stir in two spoonfuls of honey, and half a pint of vinegar. Spirits of vitriol would answer the purpose of the vinegar, perhaps rather better, and come cheaper; but it is a dangerous drug to stand about, and I have all along been very cautious of recommending any thing of the kind; if however you choose to have it, take great care of it; set it out of the reach of your children, and put as much in the gargle as will make it pleasantly sharp.

521. Or this is a very good gargle. Bran tea, sweetened with honey, a pint; tincture of myrrh one ounce.

MEDICINE.

522. Here let me caution you against purchasing medicines at little chandlers' shops, or obtaining them of any person who is not thoroughly acquainted with their nature and properties; this can only be expected of regular druggists, and to such it is always best to apply. Medicine kept in small quantities loses its virtue and becomes pernicious; and shopkeepers who deal in many other things, and keep a few medicines over and above, are apt not to be so careful in properly marking and keeping them separate as those whose regular business it is, and who have nothing else to attend to.

523. Be careful also never to take medicine without being correctly informed as to the proper dose. If a person tells you that such a drug is a certain cure for any complaint under which you may be labouring, and advises you to get a pennyworth, or two pennyworth of it, you may generally conclude that one who prescribes so vaguely is too rash and ignorant to be trusted. A pennyworth is no rule at all; some druggists sell as much again for a penny as others; and serious

mischief may arise from taking an improper dose even of a valuable and suitable medicine.

LAXATIVE MEDICINES.

524. *Castor oil*.—In purchasing this, always ask for *cold drawn*. The dose of this, for a child, is from half a tea-spoonful to a dessert-spoonful; for a grown person, from a dessert-spoon to two table-spoonfuls.

525. *Senna tea*.—On half an ounce of senna and one ounce of figs, tamarinds, or raisins, pour a pint of boiling water; let it stand for four or five hours, then strain it off; a small tea-spoonful may be taken every hour till it operates; or the same ingredients may be boiled in a pint and a half of water till reduced to a pint, and then strained off; in this case a smaller dose will suffice.

526. *Salts*.—*Epsom, Glauber, or Cheltenham salts*.—As many fatal mistakes have occurred by persons taking spirits of salt, oxalic acid, or other poisonous drugs, supposing them to be the safe and proper medicinal salts, here is a simple test by which to try them. Before you wet the salts, take a small pinch and throw it in the fire; if it is the proper thing, it will dissolve like snow; but if you see it spirtle, and send up a blue flame (like a match) you may be sure it is something amiss. Another thing by which you may ascertain, is this; salts (such as you ought to take) have a bitter and soapy taste; but the poisonous salts have a sharp, acid, burning taste. The best way of taking salts is, to dissolve an ounce in a pint of water, and take a wine-glassful every morning, if that be the design, or every half hour till it operates.

527. *Rhubarb and magnesia*.—For a grown person; a large tea-spoonful of magnesia, and as much rhubarb as will lie on a sixpence; to be mixed in a glass of cold water, or simple peppermint water. The best way of mixing it is, to lay the powder at top of the liquid, let it stand till it has all settled, and then stir it up.

528. *Sal polychrest* and *rhubarb* make a very good laxative medicine for children who are weak in the stomach and bowels. Take one drachm of sal polychrest, and two scruples of rhubarb in powder; mix them, and make into twelve powders, one or two to be taken daily. This is the dose for a child about five years old.

529. *Opening electuary*.—A very useful family medicine, particularly good for those who are troubled with asthma or rheumatism. One ounce of senna powder, half an ounce of flour sulphur, two drachms of powdered ginger, half a drachm

of saffron powder, four ounces of honey. The size of a nutmeg to be taken night and morning.

530. *Another Electuary.*—Equal parts of sulphur and cream of tartar mixed up with treacle. If an equal part of magnesia be added, it forms the electuary recommended for the piles.

531. *Laxative Syrup.*—Take one ounce of senna leaves, and having carefully picked out every bit of stalk, pour over them one pint of boiling water; let this boil till one half remains, then pour the whole into a china basin, and covering it up, set it aside for twenty-four hours; strain it off through a linen rag, and adding four ounces of treacle, put it over a clear fire till it becomes so much heated as to be thoroughly mixed together. When cold, cork it up for use, and keep it in a cool place. This syrup is chiefly intended for children; the dose may be from a tea-spoonful to a table-spoonful, according to the age and strength of the child; if not active enough, powdered jalap may be added.

532. *Calomel powder.*—Of calomel four grains, of jalap twelve grains, of ginger four grains. This is a full dose for a grown person; for a child it must be proportionably lessened. It must be taken in jelly, honey, treacle, or sugar; not in any liquid; and during its operation all cold must be avoided. This medicine is good for indigestion, and irregularity of the bile.

533. *Electuary for the rheumatism*, communicated by an eminent surgeon for the benefit of his poor neighbours. Powdered gum guaiacum eight grains, flour sulphur two drachms, powdered rhubarb fifteen grains, cream of tartar one drachm, powdered ginger thirty grains, nutmeg eight grains. To be made into an electuary with two ounces of clarified honey; a tea-spoonful to be taken night and morning.

534. *Emetics.*—*Ipecacuanha powder*; dose for a grown person fifteen or twenty grains, to be taken in sugar and warm water; for a child, from three to fifteen grains. *Ipecacuanha wine*; two table-spoonfuls at first, and another in ten minutes, if the first have not operated; for a child, from two tea-spoonfuls to a table-spoonful, (according to its age,) every quarter of an hour till vomiting takes place.

535. Antimonial wine is a good emetic, but not so safe without the advice of a regular doctor.

536. Flower of mustard will act as an emetic.

537. Camomile tea, also, when the stomach is in a state to require it; see par. 372.

538. *Cough Drops.*—Take oxymel of squills two parts;

wine of tartarized antimony one part: mix. Two tea-spoonfuls may be taken twice daily, and three in the evening, by an adult. The dose to children must be reduced according to their age.

539. Syrup for cough and soreness of stomach, chiefly used for infants. Syrup of white poppies, oil of sweet almonds, of each one ounce, antimonial wine one drachm. It may be made with syrup of violets instead of syrup of poppies; and, unless the child is very restless, will answer quite as well. The dose is from a tea-spoonful to a dessert-spoonful, (according to the child's age,) two or three times a day.

540. White emulsion, for cough and soreness of stomach. Six ounces (that is, twelve table-spoonfuls) of boiling water, sweetened with loaf sugar; when cold, put it in a large phial, and add two ounces of oil of sweet almonds, and as much sal volatile as will cause the oil to mix with the water, so that when you shake the bottle, you will no longer see the oil, but the whole will appear white like milk. A table-spoonful of this may be taken frequently. If the cough is very troublesome, or the stomach very sore, half an ounce of tincture of opium may be added, or half an ounce of paregoric elixir; but not if the person is feverish.

541. *Strengthening medicines.*—Bark may be prepared for use either by boiling, or pouring boiling water over it, in the following ways: An ounce of bark (bruised) boiled in a pint and a half of water till reduced to a pint; then strain off, and add a tea-spoonful of weak spirits of vitriol: or take one ounce of bark in powder, and one ounce of tincture of myrrh; pour on them a pint of boiling water; let them stand in a bottle two or three days, frequently shaking it; after this it may be taken; pour off the liquor clear from the sediment, and take a wine-glassful twice a day. This is a good medicine for children after measles, or any other lowering disease; the quantity of course must be reduced according to their age. For a child of six or seven years old a table-spoonful will be a proper dose.

542. For a weak stomach and want of appetite. One ounce of camomile flowers, half an ounce of dried Seville orange or lemon peel (that is, the yellow rind quite free from the inner white); pour on them a quart of boiling water, and take a wine-glassful the first thing in the morning, and twice in the day besides.

543. *Another.*—For nervous weakness and lowness of spirits. One ounce of red rose leaves dried, two drachms of gentian roots, and two drachms of orange peel (as above) cut in

small pieces; pour over them a quart of boiling water; let it stand two or three hours, then strain off, and add a tea-spoonful of weak spirits of vitriol. A glass of this may be taken twice or thrice a day.

OUTWARD APPLICATIONS.

544. *Poultices*.—When there is any inflammation, the best poultice that can be made is of bread and water; they should be either boiled together, or boiling water poured over the bread, (just as much as the bread will suck up,) then covered up close, till it is cool enough to apply.

545. Bread and milk poultice may be made just in the same manner; it is sometimes preferred when there is not much inflammation, but a slow gathering of matter which requires to be drawn to a head. A bit of fresh lard, or a tea-spoonful of olive oil, may be added to it.

546. There is no good purpose of a bread and milk poultice that is not better answered by the old fashioned bread and butter poultice, (mentioned par. 411,) and it will often succeed in cleansing and healing a sore, when several other poultices and applications have been tried in vain. This poultice is particularly useful for a sore that has been long kept open, owing to the blood being in a poor state.

547. Linseed poultice is sometimes made, by first making a bread and milk or bread and water poultice rather too thin, and then stirring in as much linseed powder as will bring it to a proper stiffness; or by gradually stirring boiling water to the powder till it is of a proper consistence: this way rather more of the powder will be required. Of it may be made by setting on a dessert-spoonful of linseed (not ground) in three quarters of a pint of water; let it more than half boil away, then put in a large piece of crumb of bread, and let it boil a minute or two till quite swollen and soft; then beat it up together, and apply warm.

548. A roasted onion is a very good poultice, or an onion boiled in a very small quantity of water or milk; when quite soft, crumble in as much bread as will soak up the liquid, and beat it all up together.

549. *A fig poultice*.—Get the finest Turkey figs; according to the size of the poultice required, boil one, two, or more, in new milk; when they have become very tender, and the milk has nearly boiled away, pour off what remains, and with that well wash the sore; beat up the figs, and lay them on as warm as can be borne. This must be renewed morning and evening; so indeed should all poultices.

550. *Lily root poultice*.—Take five or six cloves of the root of the large white garden lily, or more if a very large poultice is required; shred them very small, and Boil them in water; when tender, crumble in bread enough for the poultice.

551. Poultice for a bad breast; see par. 427.

552. Vinegar and oatmeal poultice for a sprain need not be boiled, only mixed smoothly together. It should be large.

553. The inflammation arising from a sprain is often abated, and the pain relieved, by bathing the part frequently with spirits of ether; but this is too expensive for general use. The lotion recommended, par. 410, will answer very well: but the most important thing of all is, attention to rest and position, see par. 413.

554. Fomentations may be made by boiling the herbs directed, straining them off, and wringing out flannels or cloths in the liquor in which they were boiled, and applying them hot to the part in pain. For example, take two ounces of white poppy heads, and two ounces of camomile flowers,—or feverfew,—or wormwood tops,—or one ounce of elder flowers; boil them in three pints of water till reduced to a quart. This is a good application for any violent pain; great care must be taken to avoid cold.

555. The same end may be answered by filling two flannel bags with the herbs; have a saucepan of boiling water on the hob; wring out one bag and apply; leave the other in; when the first bag begins to chill change them, and so go on till the pain is relieved; then have ready a piece of dry flannel to apply instead, to prevent cold being taken.

556. *Oil and ointment for bruises*.—Take of camomile flowers, lavender, and southernwood tops, of each three handfuls; wormwood, red sage, and rosemary tops, of each two handfuls; red rosebuds one handful; shred all very fine. Put the ingredients in a new stone pipkin, with a quart of best salad oil. Let them stand two months or more, stirring them often. Then boil it up in the same vessel. Let it boil a quarter of an hour, then add a quarter of a pint of the best French brandy. Boil it up again, strain it off through a sieve, and it will be fit for use. The ointment is to be made by adding some lard to the ingredients after the oil is strained off. Let it simmer about ten minutes, then strain clear into gallipots.

557. To prepare colewort (or young cabbage plant) leaves, for dressing a blister. Choose fine, young, quick grown leaves; with a small knife draw off the strings from the backs; roll them two or three times with the rolling pin, or glass bottle,

till quite smooth, then hold them, one by one, before the fire, till the steam draws out, and the leaf looks moist, and of a bright green all over; as you do each leaf, shut it up close in your left hand, and so go on till you have done them all; keep them still in your left hand while you remove the blister, then spread them over the part; take care that every part of the sore be covered; then spread a fine linen rag, and as long as the blister discharges freely put a soft, thick napkin also. Let this dressing be renewed twice a day till the place is quite healed, and *no ointment whatever applied*. I have dressed scores of blisters, and never knew one, thus managed from the first to the last, that did not heal favourably. If the skin should become stiff and harsh, a little salad oil may be applied with a feather, or rubbed gently in with the tip of the finger. I have said, apply no ointment: of course that is, on the supposition that you wish the place to heal; sometimes an ointment is applied on purpose to keep it open, either sayin, or blistering ointment; but where these are necessary, proper directions will be given by the medical man.

558. If a blister (or any other case in which a dressing of colewort leaves is ordered) should appear inflamed, the leaves of the well-known herb plantain (the seeds of which are got for canary and other birds) may be prepared and applied in the same manner.

559. *Eye water*.—Those who have any weakness or complaint in the eyes, should carefully avoid tampering with them, and either taking to glasses, or using medicinal washes at the recommendation of ignorant people. The following may be used without injury, and may in some slight cases afford relief; but no great benefit is to be expected from them: Breast milk frequently milked into the eye from the nipple; rose water, or elder-flower water; weak green tea, or camomile tea, or rosemary tea.

560. *Injections*.—A common injection, from half a pint to a pint of thin gruel, or warm milk and water; a piece of hog's lard, or two table-spoonfuls of oil, and the same of common salt, or coarse brown sugar. If this be not considered sufficiently opening, instead of the oil or lard, three or four table-spoonfuls of castor oil, and instead of the common salt, one ounce of Epsom salts may be used: for children a smaller quantity of all the ingredients will suffice; and when children have long suffered from sluggishness and irregularity of the bowels, and various powerful medicines have failed to set them to rights, this common injection, repeated about three times, at the distance of one or two days, has been found to clear

the bowels, and bring them into proper and regular action. An equally good injection, perhaps the very best, is made by dissolving in hot water common yellow soap, or soft soap, enough to make a very strong lather.

561. An injection of from a quarter to half a pint of thin starch or arrowroot, with from twenty to sixty drops of laudanum, is useful in cases of extreme relaxation of the bowels: and in cases of extreme weakness, or inability to swallow, in consequence of quinsy or other complaints of the throat, life may be sustained a considerable time by means of injections of beef tea, or other nourishing liquids; but in all such cases, whatever is necessary should be done under the direction of professional skill, and let those directions be implicitly followed.

562. *Embrocation for a sore throat.*—Olive oil one ounce, spirits of hartshorn half an ounce, or, if the skin will bear it, equal parts of each.

563. *Embrocation for the whooping cough.*—Oil of amber and spirits of hartshorn of each half an ounce, volatile sal ammoniac five grains. This is very powerful, and for very young children the sal ammoniac should be left out, and the spirits of hartshorn lessened, or indeed the oil of amber used alone; as much however of the spirits should be used as can be borne without blistering the skin. The same may be used for children in convulsions; see also par. 449.

564. *Anodyne balsam.*—One ounce of soap liniment, with half an ounce of laudanum. In violent pains occasioned by teething, this may be rubbed on the backbone; or for violent tooth-ache, or face-ache, a piece of flannel wet with this may be applied to the cheek, or a little of it held on in the palm of the hand.

565. *Whitworth red-bottle, for cuts, chilblains, blows, &c.*—Camphor and oil of thyme—of each half a drachm, red spirits of lavender two drachms, spirits of wine one ounce.

CHAPTER XII.

OF THE EDUCATION OF CHILDREN.

566. To educate means, to *breed up*, to *bring up*, to *rear up*, and that with a view to a certain end. When you plant a

young tree, so as to give it every advantage of soil, sun, air, and moisture; when you clear it from blight and canker, carefully train its promising branches, and prune away its useless ones, you are, in a sense, educating your tree. You do all this with a view to its fruitfulness; this end you keep in view at every stage; you would not therefore be willing to gather its blossoms, however beautiful; you would not, in short, do any thing to obtain present gratification, or to avoid present labour, that would interfere with your chief object, the fruitfulness of your tree. In the education of your children, you train them up with a view to their future well-being. The prosecution of this business will certainly require on your part great care and attention, and may probably involve considerable sacrifices. Those whose resources are limited must exercise the more frugality and self-denial, in proportion as they have more to provide for out of it. Do not, however, look upon your children as publicans look upon the soldiers quartered on them, in the light of a burdensome tax: remember, 1. It was your own voluntary act to form yourselves into families. 2. That children, if they bring cares, bring also real pleasures. Is there not something very delightful in watching the growth of their little limbs, in listening to their innocent prattle, and in sharing their infant caresses? Does not the thought of home, the cheerful fire-side, and the dear little smiling circle, sustain the fond father through many a day of toilsome labour, and the patient mother through many a night of weary watching? Remember, 3. Children also bring solid advantages. If well trained they soon begin to do something towards the general support of the family; they become assistants and props to the parents, and mutual supports to each other; and thus parents who have discharged their duty towards their children, often find themselves, as old age comes on, amply repaid for all the cares, toils, and privations sustained in their infancy.

567. But that all this, and not the reverse, may be the case, care must be taken of their education. This care should include three objects; the present health and comfort of the children; the comfort and advantage of the family while they continue members of it; and third, their preparation to go forth from it with respectability and advantage. Happily these objects are all in agreement; whatever secures one of them, must needs conduce to the others; and whatever does not so conduce, ought at once to be given up as altogether injurious.

568. Proper attention must be paid in the first place to the

child's present health and comfort. If these are not preserved, its temper will very likely be soured, perhaps even its faculties for future exertion may be weakened. It is a very dreadful thing to suffer a helpless infant to cry unregarded and unrelieved; but really it is an act of such barbarity, that it may be hoped there is little occasion to caution against it. Perhaps parents in general require rather to be cautioned against false indulgence.

569. Remember then, my friends, to pamper a child in his food is no real kindness: let him have enough of what is wholesome; but if you accustom him to be dainty at meals, and greedy after eating for the mere pleasure of eating, you are at once injuring his health, increasing the expense of his maintenance, by this means abridging the comforts of the family in general, and, by creating for him new wants, you are going the very way to make him know, at some future day, what want really is. If you wish to make your child happy, you will never on any account gratify his ill tempers, or passions, or let him have any thing for crying for. If a child once finds that it can gain its point by violence and crying, it is a discovery that he will be sure never to forget; those around him will have crying and violence enough, and they may thank themselves for it; and if their annoyance were all, it would not so much signify; but far worse consequences follow such cruel mismanagement. The child's present happiness, in the first place, is destroyed. If a parent was even so indulgent as to give a child every thing within his power that it cried for, there would still be many things beyond his power, which would serve just as well for the child to break its heart after; but in general those parents who are most foolishly indulgent, are also most impatient and violent; they humour the child till they are out of patience with him, and then snap at him, refuse him every indulgence, and perhaps shake or beat him for crying; the child cannot comprehend the reason of this change, in fact there is no reason for it; but it is his misfortune, through the continual caprice of his parents, continually to experience indulgence without enjoyment, and punishment without correction. By such treatment the child's temper is soured, bad passions are excited, and habits of deceit are formed. For a humoured child is bent upon having his own will at all events: he will begin with a little passion and violence; if that does not gain his point, he will try a greater; if that should fail, sooner than be defeated, he will have recourse to artifice; and if artifice should once succeed, it may be feared that he will resort to it as a weapon always at hand.

Now only consider the mischief attending such a process. The family to which such children belong will be in a continual state of warfare and treachery; all peace and happiness will be destroyed by open broils or artful plots; and instead of being a family of love, the individuals of which it is composed will resemble a set of wild, fierce, treacherous animals, confined by circumstances to one cage, to bite and devour one another. Nor does the mischief stop here. In the process of time, these children are to be sent out into the world to get their living; and who do you think will hire such young persons into their service if they know their character? or who will keep them when they find it out? Besides, the young people themselves *cannot* then have their own will and way; those who employ them will not of course think of consulting it; the airs and graces they have been used to show off at home will be quite useless elsewhere; and deceit, if detected, will lead to total disgrace, loss of character, and loss of livelihood. The only possible chance that remains for them to go on with any thing like comfort and respectability, is in their entirely forsaking their old habits, unlearning what they have been all their life learning, and taking up, for the first time, habits which, if they had been properly trained in their childhood, might have by this time become like second nature to them. What a pity but this had been the case!

570. A wise and good parent will never suffer himself to exercise partiality between his children; as his own, they have all an equal claim on his regard; and the circumstances of being the eldest or youngest,—or a boy or girl,—or most like the father or mother, are matters over which they could have no control, and in which there can be no merit. It would be unjust and cruel that on such grounds any difference of regard or indulgence should be felt or exercised. It would be foolish too; nothing tends more to destroy the love and harmony of a family. The favoured child never respects its parents, the injured can scarcely love them, and perpetual strifes are excited between brothers and sisters, which frequently grow up with them, and live, when the parents, in whose ill-judged partiality the mischief began, are dead, and perhaps forgotten.

571. In connexion with tenderness and attention to bodily comfort, one of the first points to be attended to in the education of children, is to establish a full and absolute authority over them; to convince them that they are at your disposal, and that your will must be obeyed. When once they are fully convinced of this, they will submit without difficulty, and without regret. But how is this to be taught them? And

when are they to begin learning it? It should be begun so early, that the child shall not be able to recollect its beginning. A learned divine, and most able and judicious writer, has fixed the age of eight or nine months for beginning to bring a child into subjection to authority. I venture to think that something may be done in that important business at a much earlier period. I am certain that an infant of very few weeks old, when undergoing the operation of washing and dressing, will soon find out if the mother is weak enough to desist on account of its crying, and to pacify it with the breast. Having once granted this indulgence, the dressing will not again be accomplished without it; on the other hand, let her go on steadily, yet tenderly, and the child, finding resistance useless, will soon begin to take the matter patiently, and even to delight the mother with its gambols instead of distressing her by its screams. At a very few months old, as soon as it is able to reach out its little hand for what it sees, and to feel pleasure in grasping it, *then* is the time for teaching it that it is to be indulged in such things only as the parent chooses to bestow. *Never* let an improper thing be given to it, and let it be used occasionally to give up whatever it has at your command; let this practice be thoroughly established, and you can hardly conceive in how important a degree it will operate upon each of those objects which have been spoken of, as to be always kept in view in the business of education. It will promote the child's present health and happiness; for how many a violent fit of crying and passion, how many a severe correction, or irritating scolding, will it thereby be spared? It will promote the peace and comfort of the family. How easily will subjection, good order, and harmony be maintained in a family, where all the children have been thus early trained and disciplined, and have become accustomed to bending that self-will, which in its native stubbornness and perverseness is the cause of all the contentions that disturb the peace of families, and of society in general! It will tend to qualify your child for future life; he who has been trained to subjection and discipline at home, will find them easy when he goes abroad; he will be likely to submit and obey without murmuring. This is the likeliest way to be comfortable in a lower station; and, depend upon it, it is one of the best qualifications for filling a higher; he who has most thoroughly learnt how to obey, best knows how to govern.

572. In blaming or punishing a child, take care to proportion, and, if you can, adapt your discipline to the nature of the offence. A child may have an accident, perhaps through

carelessness, that will occasion you considerable inconvenience; but does he therefore deserve to be severely beaten, or locked up in the dark, or kept without food? or are any of these punishments likely to remedy your grievance, or to correct his fault? I rather think not; on the contrary, I think it will be likely to drive him in future to practise what is far worse than carelessness; he will try to screen himself from punishment by deceit. Suppose you should endeavour to make him sensible of the inconvenience suffered in the family for want of the article which he has destroyed; or should you require some sacrifice on his part towards replacing it, such as withholding something that was to have been purchased for him, or applying his own little hoard to the purpose; (though this last I should be very loth to do, lest in correcting a fault I should be discouraging a virtue; however,) there would be some proportion and some connexion between the fault committed and the punishment endured.

573. For daintiness or wastefulness I should think the loss of a meal a suitable punishment; you tell a child that "wifful waste makes woeful want," and you thus give him a slight specimen of the inconvenience to which his fault naturally leads; and the child who complains of a hard crust or a stale morsel, may very properly be convinced that it is harder where there is none.

574. Cruelty to animals is a fault which ought not to be passed over, especially in those whose future employment will very probably be the care of animals. After being thoroughly taught what is right, (which should always precede being punished for doing what is wrong,) and seriously reprov'd for the first offence; for the second some punishment should be contrived, that should, if possible, make the child have some notion of the pain he has inflicted on the animal; perhaps for an act of wanton cruelty there is no better punishment than a smart thrashing; at the same time the child should be made to feel that his conduct has excited both horror and contempt in those around him, and that it is a mean and cowardly thing to hurt a poor dumb animal. If the offence has been that of shutting up an animal without furnishing it with a proper supply of food, it might be well to confine him in a like situation for a few hours at a time when he would feel the want of his regular meal, and know that his brothers and sisters were enjoying theirs. If he has any other animal in his care, it might be taken away from him, to show him that he is unworthy to be trusted with it. But punishment ought not to be often repeated, or it will lose its effect and harden the heart.

575. For an act of wilful, stubborn disobedience, such a course will be necessary as shall impress upon the child's mind his absolute dependance upon his parents for every enjoyment. He must be made to know that the house, the food, the clothes, the pleasures of whatever kind he has been used to enjoy, are all furnished by his parents, that their will *must* be obeyed; and he *must* submit, or he *cannot* be regarded with favour, or treated with indulgence; a disobedient child must be made to feel, in all his intercourse with his parents, that he is upon a different footing from one that is good and obedient; nor must the difference of behaviour manifested towards him, be suffered to wear off, until he has freely and fully acknowledged his fault, and submitted himself to his parent's authority. But when once punishment has produced this effect, forgiveness should be cordial and entire; there should be no unkind hints or ill-natured reflections thrown out by the parents, or allowed in the other children.

576. For quarrelling between brothers and sisters, I suppose the best thing is to separate them, not allowing them to play together, and so convincing them that they had better give up to each other, and spare a part of what they have, for the gratification of a play-fellow, than to have all to themselves, and all their own way, but be compelled to mope alone.

577. But the worst faults of children are a disposition to lying and pilfering, and parents who have any sense of what is right, or any regard for the real interest of their children, will be most carefully watchful against them, most grieved to notice the first approach to them, and most conscientiously bent upon opposing them to the utmost of their power. In every respect, example is of the first consequence, precepts are very lightly set by without it; in these most important respects, while you teach your children what is right, be scrupulously careful to practise it also; never, for the world, let them see you take an unjust advantage of a neighbour or an employer, not even in the value of a pin; never let them see you practise any little mean arts of concealment or deception against each other, against them, or against any one with whom you are connected; and that they may never see it, be sure you never practise it; nothing but real, habitual uprightness and sincerity can bear close and constant inspection. If in either of these points a child should have transgressed, he certainly ought to suffer bodily punishment; he ought to be brought to a full confession of his fault; to be made to restore to the full value (or at least to the extent of his power, and to suffer privations in order to extend that power) to the

person whom he has injured, and he ought to feel that he has lost your confidence, and that it will be long before he can establish his character as a person to be trusted.

578. I have spoken of discipline before instruction, but they must both go hand in hand. Remember, from the very first feeble smile with which you are delighted, (perhaps even earlier still,) your child's education is begun. When it fixes its eye on some bright object, do not disturb its attention; it is gaining an idea; but rather give it assistance, by allowing it to feel the substance with which it is delighted; it has not yet the means of telling you exactly *what* it knows; but its delighted crow is the expression of having accomplished its desire, and gained some new information; and you would be astonished, if you could ascertain how much knowledge it has gained in the first few months of its existence. Indeed, when a child begins to express its ideas by signs and words, people are surprised at its knowledge, and would be much more so, if they constantly bore in mind that it came into the world ignorant of every thing.

579. As it advances in life all this knowledge is to be put to a good account, and it becomes your "delightful task," at once to increase and to direct it. In the beginning of this book a great deal was said about moral character; now the virtues there recommended will be just as necessary and valuable to your child, if it lives, as to yourself, and it is your business to cultivate and promote them. Please to read over that chapter again, and as your child discovers the dawning of reason and character, endeavour to train it to such habits as are there recommended. It is astonishing how early character may be formed and exhibited. Pray do not think lightly of what a little child says or does. It cannot, to be sure, do a great action, either good or bad. Why not? because it has not physical strength enough. But it may form habits, good or bad, which are of the greatest importance. The seeds of carrots or celery are very small, yet if you had just sown a bed of them, you would be very much vexed to see any one come and dig them all up. The seeds of thistles or nettles are very small, yet should you have no objection to see them scattered all over your garden? Oh yes, you know what each will grow to, and you value it accordingly; remember this, and cultivate your child's mind and disposition accordingly. His little sly trick of snatching a cake or toy from his brother, and putting his hand behind him that you may not see it, is just as much the beginning of a habit of injustice and insincerity, as that little seed is the beginning of a celery or

carrot plant, a thistle, or a nettle. Is it possible then for you to begin too early to cherish what is good, and to check what is amiss?

580. I have already hinted at the manner in which habits of subordination are to be formed, par. 571. Justice and sincerity, you must cultivate, by showing your high esteem of them; by encouraging the open confession of a fault, and sometimes sparing deserved censure in consideration of such candour; by maintaining the strictest justice between the youngest children, and in the most trifling affairs; and, by showing the most severe displeasure against any transgression in those principal points. Self-denial must be taught, not so much by direct lessons, as by seasonable instructions and pleasant examples; it is a great thing when a child can be induced, of its own accord, to part with some treasure, or forego some gratification, *because* 'father will be pleased,' or to give up a pleasure, 'that brother or sister may enjoy it.' I would not exactly praise a child who had done so, for there is always danger of feeding a spirit of pride and vanity, (odious grubs that eat out the heart of every good action they come in contact with,) but I would certainly let the child see that I was pleased, and that I was no stranger to the feelings of satisfaction in his own bosom, which succeed a triumph over selfishness. A love of industry and honest independence would be promoted, by very early accustoming a child to feel pleasure in being of *some* use. The little thing who can but just pick up his mother's thimble or ball of cotton and give it to her, is capable of this pleasure and emulation. It is well worth making it a matter of study to furnish children with employment suited to their years, and with employment, if possible, that shall be of some use. At schools where sewing-work is scarce, I have known them take a piece of linen and hem, and cut off, and hem and cut off again, till it fairly came to nothing; and I have felt that it must be very discouraging to the poor children, and might possibly also give them a notion of bestowing a great deal of labour on what was after all of no manner of use. It certainly is better, where it can be done, to turn the work of the smallest child to some useful purpose. I would have a very little child accustomed to pick up a few sticks, and let him see that the fire is lighted with them; a few seeds should be given him, (mustard and cress for instance, they are cheap, and will not exercise his patience too long,) and a yard of ground to sow them in; he should be taken daily to watch their progress, and taught to pull up any weeds that appear; when ready, he should have

the pleasure of bringing in his ~~own~~ salad, and distributing shares to his friends; thus an interest will be given to the child in rational and useful pursuits; industry and forecast will be incited and rewarded, and good feeling will be promoted towards those around him.

581. Both boys and girls should be early taught to knit, and accustomed to take it up at every odd minute of time; you can't too soon give them a notion of honest independence; that it is very creditable and comfortable to wear stockings of one's own knitting, and clothes of one's own earning or making. This is a good and a saving practice; even the mere habit of moving about their fingers nimbly, and not liking to be idle, is of no small value. In a winter's evening, when all are sitting round the fire, and one perhaps is reading, the rest might as well be knitting as doing nothing; it will serve to keep them awake, and it is an ugly, idle trick to sleep up.

582. Your children must be clothed, in some way or other, at your expense. You may promote in them habits of industry and forethought, if instead of buying them a garment at once, you set them about some task suited to their age, and pay them for doing it, putting by the money to buy the hat, or jacket, or frock; in this way you will easily induce them, if they get a chance penny for running on an errand, or such like, to put it to the store for a good and useful purpose, instead of squandering it on gingerbread and lollypops. Thus, too, they will get a notion of the cost of clothes; they will learn to calculate what they can afford, and what they must do without; and they will get a habit of taking care of their clothes, and making them last as long as possible.

583. If a child discovers any ingenious turn, by all means encourage it; such as constructing little machines, or toys, or drawing pictures, &c. A great quantity of the expensive wooden toys sold in toy shops, are brought over from Holland; they are called Dutch toys; very ingenious and pretty they are; and I have heard that they are all made by the Dutch children for their own amusement; hence there is a proverb which says,

"The children of Holland take pleasure in making,
What the children of England take pleasure in breaking."

Now I don't grudge the poor little Dutchmen getting rich by their play, but I see no reason in the world why English boys, and English girls too, should not amuse themselves in as profitable a manner. I dare say they are quite as ingenious, if they had but the thought to set about it. There have been

instances of children contriving ingenious little toys by way of amusement, who have gone from one step of ingenuity to another, until they have made discoveries that have proved of essential service to mankind, and have raised themselves to a truly respectable station in society. For respectable indeed is that individual, who, having struggled with early poverty and other disadvantages, has, by his own merits and exertions, rendered himself a man of consequence to society; and honourable indeed is his well-earned competence. Such a man will never lose by comparison with an idle, dissipated, fine gentleman, who does no good in the world, but that of circulating through it riches that he never earned, and of whom it can only be said that his friends were born before him.

584. But let me make one remark here. If a child should discover such a turn as I have spoken of, he should at first be allowed to follow it *only* as a recreation, and required to pursue his daily duties, and contribute his share towards the support of the family, the same as the other children. If you get a notion that your child has a wonderful turn for painting or mechanics, and will very likely make his fortune by it, and under that notion you suffer him to neglect common industry and application, and to pursue his own bent uncontrolled, it is much more likely that by such a course his fortune will be marred instead of made; he will soon become tired of application even to his favourite pursuit, and unfitted for the common duties of his station; he will become vain, indolent, extravagant, and very likely dissipated and vicious. There is no class of people less useful, or less respected, than the idle, half-bred, shabby-genteel, who are fairly spoiled for every thing. Hence the saying of Poor Richard, "A ploughman upon his legs is higher than a gentleman upon his knees." Do not by any means suffer one of *your* children to complain of being so brought up.

585. But if you see, or think you see, any particular inclination of this kind, encourage it in a proper way. If he does well, reward his good conduct with a tool, or add something to his savings for the purchase of a tool, that will assist his operations; set him upon making something that will be useful in the house, or saleable in the market. When he has accomplished any thing worth offering, consider of the best and likeliest market for disposing of it, and let the produce be his own, for the purchase of other tools or materials; if his ingenuity should continue and improve, and his industry prove persevering and successful, he may be encouraged to save the produce, in the hope of being placed in such a busi-

ness as will give scope and improvement to his talents and industry. In every neighbourhood, there may most likely be found some sensible and benevolent gentleman, who would be pleased to see among his poor neighbours a child of remarkable ability, ingenuity, and industry, and who would, if in his power, promote the improvement and interest of such a youth. The advice of such a gentleman might prove very beneficial to your child, and I dare say, might be easily obtained. If your child has been used to skill and diligence in common things, and has only pursued his taste as an amusement, should he afterwards have an opportunity of devoting himself more entirely to his favourite pursuit, and be successful in it, well and good; but if no such opportunity should offer, no great harm is done; he has still the common resource of labour for his living, and his amusement has at least been innocent and improving.

586. I wish to caution cottage mothers against doing all the work themselves, and not accustoming their daughters to assist in it. Some mothers, of a foolishly indulgent turn, do it for the sake of upholding their girls in pride and idleness; such girls generally turn out good for nothing; they are ignorant and indolent; if they go to service, no family likes to be plagued with such girls; besides, they can scarcely bring themselves to submit to the confinement of a steady family; perhaps they shift from one place to another for a few months or years, then they marry imprudently and wretchedly, and multiply indolence, slatternliness, and misery to another generation; or perhaps they do worse still, and settle into a bad way of living. Another class of mothers suffer themselves to fall into the same error; they are notable women, who really love work; who would find it a sacrifice to give up what they have been accustomed to do, and who say, very truly, 'Nobody can do it to please me so well as myself, and it is twice the trouble to make a child do it that it is to do it oneself.' But such mothers should consider that the sacrifice is due to their children's advantage; how else are they to be qualified for service, or for managing a cottage of their own? Besides, if it is some trouble at first, it will pay well in the end. When once you have taught your children, if they are steady, good girls, they will be no longer awkward, but really helpful to you. It would be a shocking thing, that the children of industrious parents should grow up idle, ignorant, helpless things, like a nest of unfledged birds, that must have all their food brought to them, or else perish and die; but what a comfort it is, to see a family growing up industrious, clever,

and respectable, and to know that if you should become feeble, and past work, they are both able and willing to come home; and by their dutiful and affectionate services requite your early tenderness and kind instruction. I have already alluded to a poor woman who was a good manager of her children, par. 360, and I recollect a saying of hers, which had much truth and good sense in it, though rather oddly expressed, "I will teach my girls to work, and make them work too, and if there is not enough for us all, *they* shall do it, while I sit still and count my fingers."

587. In the same manner every other good habit should be carefully formed in the parental cottage, that may qualify your children first for honest service, and afterwards to manage a cottage and provide for a family of their own. And it is one great advantage in cultivating a garden, keeping a cow, pigs, chickens, rabbits, and other animals, and brewing or baking at home, that it serves to apprentice the children to acquire useful knowledge. They all learn how to manage a garden; the boys, when big enough, should dig, manure, and plant the ground by way of amusement; and the girls should attend to the flowers and so forth: they all learn, too, to be careful and kind to animals; and the girls learn to milk, make butter, cure bacon, brew, bake, and do many other things, which, when they go to service, will render their services more highly valuable, and entitle them to higher wages. And (see how one thing brings on another) if these young people are frugal as well as clever and industrious, the more they earn the more they save; in the course of a few years they perhaps have accumulated a little capital, which enables them to set up in trade. Industry, care, skill, and excellence in conducting their business, lead them on to success in it; their children, under more favourable circumstances still, take another rise, and by and by the descendants of the present labourer become gentlemen. This is the natural course of things, from the bottom to the top of the ladder; and though thousands of labourers and their descendants continue labourers still, and are as such very deserving, respectable, and happy; yet, if as parents you indulge the very natural wish of seeing your children rise in the world, depend upon it, this is the most safe, rational, and desirable way of rising; far better than all the idle dreams of educating and dressing your girls like ladies, in the hope that some fine gentleman may fall in love with them, and such like. These idle dreams always end in disappointment; often in disgrace, ruin, and wretchedness. To close what has been said on this branch of a good education;

it consists in bringing children up to labour with steadiness, care, and attention; to show them how to do as many useful things as possible; and to teach them to do all in the best manner; to set them an example of industry, sobriety, cleanliness, and neatness; to make all these so habitual to them, that they never shall be liable to fall into the contrary; to let them always see a good living proceeding from labour, and thus to remove from them the temptation to get at the goods of others, by violent or fraudulent means, and to keep far from their minds all inducements to hypocrisy and deceit."

588. Now what shall I say about book learning? Why I say, that, properly conducted, it is an excellent thing; and there is nothing so good but that it may be rendered evil by abuse. Taking it only as an amusement, that which books afford exceeds all others that can be enjoyed at the fire-side, by those whose days have been laboriously exercised. What can be pleasanter, for instance, than to read the lives of persons who have added respectability to your own station of life by their virtues and good conduct,—or to read the history of your own country, and see by what means it has risen to its present exalted situation among the nations; and how it became possessed of, and secured in the liberty and advantages we enjoy,—or to read the discoveries, plans, and observations of discerning and persevering men, especially on subjects connected with your own calling? How much improvement and real advantage may be thus derived, while you are permitted to share in the wisdom and experience of men of all ages and countries; habits and pursuits! What a pleasure is it, too, in case of long confinement by illness or lameness, to have a friend and companion to beguile the tedious hours, without hindering any other person from their daily work! Reading, too, is a cheap amusement; in most places there are parish or school libraries, from which you may be constantly supplied at a very small expense; or even if you should buy a book now and then, (take care that you lay out your money on what is really worth having,) the expense need not be very great, and the pleasure of reading it may be enjoyed over and over again, by yourselves and your children after you. "There is ONE VOLUME, the cheapest in the kingdom, which, whether you seek to be interested by the plain facts of history, by the most pathetic descriptions and situations, or by the most marvellous, and even miraculous adventures: whether your taste be for plain prose, or the most sublime poetry; whether in your youth you search for instructions for obtaining happiness; or in

your age, solid and essential comfort, this ~~one~~ volume will afford it all." But more will be said of this by and by.

589. The point at present is, whether or not your children shall be possessed of this source of advantage and pleasure, the power of reading. Does it admit a question? If you possess the power yourself, it certainly does not; you *know* from your own experience that it is a benefit; and people had better save their breath and their ink, than waste either in telling *you* that learning to read unfits children for performing their ordinary duties, and wakes them proud and lazy; that servants who can read are disobedient and saucy; and wives who can read are indolent slatterns; many more such things have been and are said; but you know better than to believe them. Learning to know your duty has not made you discharge it the worse; being able by reading to improve yourself in the knowledge of your business, whether it be of the agricultural, manufacturing, or mechanical kind, has not made you the more negligent or indolent in attending to it; reading of other countries, laws, and customs, has never made you dissatisfied with home; no, learning has not spoiled you, and you would think yourself a very brute to withhold it from your children. But supposing you do not know how to read, what must be said then? why, that you suffer a very great privation, the extent of which you are not able to estimate. On many other things you take the testimony of your neighbours; but of whom do you ask it? of those who have had no better opportunity than yourself of understanding the matter? or of those who have had much experience and success on the subject in question? Ask, then, those of your neighbours who have had the advantages of early education, whether they would recommend you to bestow it upon your children. I know what answer they will make; unless, indeed, you should happen to ask the opinion of some wealthy, but ignorant, narrow-grained soul, who can just read (as the saying is) "enough to swear by;" he perhaps will cry down learning, from a sort of confused fear that, if it becomes general, his neighbours will be wiser than himself, or they will be able to better themselves in life, and he shall not get his work done at so easy a rate; he is so selfish that he would keep people in ignorance and slavery all their days, rather than run any possible hazard of injuring his own beloved interest. He will not believe, and does not choose to be convinced, that a poor man's knowledge, comfort, and respectability, are quite consistent with the welfare of the higher classes of society, and with his duties to them; and he, I doubt not, will say, 'Don't have your

children taught, it is only spoiling them : but his opinion is not worth regarding ; ask those who are better informed, and who have more liberality and proper feeling ; — but in fact, you need only consult your own observation ; look around your village for the most decent, well-furnished, well-regulated cottages, inhabited by the most thriving labourers, the most dutiful children, the most civil neighbours ; and are they, in general, those who are most grossly ignorant, or those who are better informed, and able, by means of reading, continually to add to their stock of information ? I think no more need be said to convince you that one branch of a good education consists in your children being taught to read.

590. But how are we to spare a shilling or two weekly, to send three or four of them to school ? and must we give up the labour of the elder children, and their assistance in nursing the younger ones, to afford them an opportunity of learning to read ? I do not consider either of these sacrifices to be necessary, or that they would in many cases be advantageous. Children ought to be doing something for their living at present, not merely learning to get their living at some future time ; and, as was before observed, they cannot be acquiring any knowledge more important and necessary to their future well-being, than that practical knowledge which they will gain by assisting their parents in their daily calling, and in their various domestic employments. Yet all these may be attended to, and their learning need not be neglected. I know some very respectable and intelligent persons, whose *only* advantage in respect of book learning, has been their constant attendance at a Sunday school. There they were thoroughly grounded in the first principles of useful knowledge, under the zealous and disinterested labours of voluntary teachers ; there they were taught to apply their knowledge to practical purposes ; to the regulation of their temper and conduct in every station and relation of life ; there the thirst after further acquirements was excited, and perhaps gratified, in the way of reward for diligence and good conduct, by allowing them access to a select and suitable library, and bestowing on them an hour on a week-day evening for instruction in writing and arithmetic. The books they were allowed to take home have proved interesting and instructive to the parents ; the circumstances of the family have been advanced in respectability and comfort ; and these young persons themselves are making their way in the world much to their own credit and advantage, and to the heartfelt satisfaction of their benevolent teachers. I do from my

heart wish that every poor child had as good an education as this.

591. Then, in the present day, there are infant schools, which have been found a great blessing both to children and parents. If the mother is obliged to go out to work, her little ones formerly were exposed to much danger and mischief by her absence. Perhaps to avoid this she paid away almost half her earnings to some neighbour to look after them, or perhaps they were sent to a dame school, where they often learnt more harm than good, by hearing bad words, and seeing bad examples among their schoolfellows. But in a well-regulated infant school all these things are guarded against. The little ones are carefully looked after, and taught many useful things in a pleasant, lively manner. They are also trained to habits of obedience and kindness, which, it may be hoped, will have a happy effect on their character through life. They are not made to pore over books, but what they learn fits them to go on with learning, if, in future, they have an opportunity of going to another school; if not, they will have gained much that will never be forgotten, and that is well worth remembering. The weekly sum paid is a mere trifle, not so much as is saved from the dirt and destruction of clothes when children are left to themselves. I should recommend all parents, who are within reach of an infant school, to avail themselves of the advantages it offers to their little ones.

592. As to older children being sent to a daily school, though in some cases very desirable, I think it in general far less important; it must be regulated by circumstances. If a mother is herself a thoroughly good needlewoman, and will bestow the pains perseveringly to instruct her girls in all that comes within her own province, with that, and Sunday school learning, they may do very well. If there is a British or National school in the neighbourhood, and she can spare them a year or two for improvement there, making the best of their time at home between whiles, she will do well to accept the advantage; but in this case the girls must be made sensible that a sacrifice is made for their good, and that justice to their parents requires them to make the best possible use of the instructions afforded them, and also to render themselves as useful as possible at home. This part of their education will, perhaps, be best bestowed at about the age of from ten to twelve; earlier they will scarcely be able properly to value and improve it; later their services cannot and ought not to be spared from the family. As boys in general are set to earn

something at an earlier age than girls, I do not know how it may be best to manage for them in this respect. I am persuaded that all the mere day-school learning they get before eight or nine years of age, is of very little account to them afterwards; that they would gain quite as much real knowledge from Sunday-school instruction alone; and that their time every day, and all day long, would be much more profitably spent in acquiring practical skill in active employments: mind, I do not say in strolling about without control, and without any settled object, or allotted task; no, let them by all means have regular and useful employment; employment of such a kind, that if they have not fulfilled their daily task, the omission must be perceived. After the age spoken of, eight or nine years, a boy's services become so valuable that they cannot be dispensed with; well, let him continue regularly to attend his Sunday school, diligently to improve himself at every leisure opportunity through the week, perhaps get a little knowledge of writing and cyphering at an evening school, and at fourteen years of age he will not perhaps be found very deficient in comparison with one who has spent all his years up to that period at a day school. After all, the best boon that a school education can confer, is to give a child a thirst for improvement, and to put in his power the notion and the means of improving himself. In fact, the great use of daily schools is for those children whose parents cannot or will not teach them at home what is good, or bestow any pains to keep them from what is evil. It will be understood, that I am here supposing the parents to be labouring people, and the child's prospects to be of the same description. For such a sphere, the education here pointed out will be found amply sufficient; and if the boy's abilities, good-conduct, and opportunities, should advance him to a higher sphere, he will find himself in possession of a good and respectable foundation, on which he may through life go on to build with advantage.

CHAPTER XIII.

ON RECREATIONS.

593. "AMUSEMENT," says a sensible writer, whose pages have already furnished us with several useful hints, "is as necessary

to health as labour;” every bow wants occasional unbending; if it be always strained, in time it will start; so every really active and persevering person requires occasional recreation. I cannot help here making one observation; that those who least require or deserve amusement, are in general most eager and clamorous in pursuit of it; those only, whose days are days of steady, useful labour, deserve moments of cheerful recreation; he who will not work has no right to eat, to sleep, or to play. If all who had not quinned themselves by diligent labour for innocent recreation, were excluded from fairs, race-courses, and play-houses, methinks the crowds would be quickly thinned.

594. Amusement is designed to refresh the body and recruit the animal spirits, when exhausted by labour:—it is different from rest, inasmuch as it supposes some activity of body or mind, or both;—it is different from labour, in that it should entertain and engage the mind without oppressing or distracting it; or give exercise to the body without fatiguing it. Keep these distinctions in mind, that you may be able to judge whether what is proposed to you in the name of amusement really answers the character.

595. Amusement, or diversion, to answer its proper end, must be *innocent, rational, suitable, and moderate*. Under which of these heads will you place the inhuman sport of prize fighting? can it be either innocent or rational for two human beings to strip and beat each other to pieces; or do they quit such amusements refreshed, and better fitted for the toils of the morrow?—Can any sport be innocent in which a brute creature is wantonly tormented; or can you go to work refreshed and invigorated by hearing its piercing screams, and witnessing its dying agonies? I should think not: do not let your little children, then, seek their pleasure in the savage amusements of throwing at cocks, or spinning chafers; it can do them no good, and if it could, they have no right to torment any living creature.—What shall we say of sitting at a public-house? Is it refreshing to either mind or body? No. Is it innocent or rational to drink away your own health, your character, your wife’s comfort, and your children’s maintenance? No; the public-house is not the place to seek innocent, rational, or suitable amusement: and as for moderation, it is vain to talk of that; he who once goes in, never knows when he shall get out; he who ventures in to-day, will scarcely have the courage to pass the door to-morrow, and he who begins with what is called ‘a little drop,’ or ‘a sober pint,’ has no security that he shall not go on until he has clothed

himself and his family in rags, brought his cottage walls to nakedness, and all that belong to him to beggary and disgrace. The public-house has been emphatically styled "the grave of happiness."—What shall we say of gambling? Is it innocent to try to cheat or ruin your neighbour, or to give him leave to ruin you? No. Besides, what amusement is there in it? It is not an exercise of the body, it is not recreation of the mind; but the most laborious and oppressive exertion of the mind that a man can engage in. Again, what does it lead to? are there not thousands who began with betting a penny, and went on till they staked the very bed from under them? Is not a gamester generally reduced to poverty and wretchedness, often to the most atrocious guilt, treachery, fraud, robbery, and murder? By these rules you may try and prove what are not good and suitable amusements; and by them also you may guide yourself in pursuing such as are.

596. Your amusement should be adapted to the nature of your employment through the day. A person who has been confined all day in a close room should seek *active* recreation in the open *air*. If you are exhausted by toil, choose some amusement where skill and dexterity are required rather than labour. Shall I propose attention to the lighter parts of gardening, such as transplanting, training, and pruning? Or will you amuse yourself by observing the growth, the habits, and gambols of some favourite animals? 'But these are only work in another shape.' True; and remember the proverb, "Change of work is as good as play." Never make a toil of amusement, but by all means, if you choose, make an amusement of labour; it is by no means necessary to the rest, either of body or mind, that it should be sought in something absolutely useless; on the contrary, there is a very lively pleasure arising from the pursuit of something profitable in our moments of leisure and recreation. I don't know any thing that can render amusement so truly pleasant and beneficial, as when it will bear reflecting on afterwards. The drunkard and the gamester must sicken at looking back on their amusements. Netting is a very good amusement for one who is weary with labour. I don't see why it should be considered at all a disgraceful or unmanly employment for a leisure hour; nor would it at all spoil it as an amusement, in my esteem, if the produce should occasionally supply a pair of shoes, or some other useful article of family consumption. If a labourer has any mechanical ingenuity, he may very pleasantly amuse himself by constructing one little thing or another, useful as household furniture, or even as playthings for

his children. What can be more pleasant than to have the little creatures gathering round to watch its progress; and to ask, 'Where is this piece to go to, father?' and 'what's the use of this?' and 'how are these to be joined together?' I have already alluded to reading as a recreation, and I think it a particularly delightful one for a winter evening; or it will afford a pleasant change, if it suits your fancy, to practise a little in cyphering; you have no great affairs to transact, it is true, but it is pleasant to have small ones conducted in a regular, orderly manner; and the skill of a ready reckoner is no contemptible or useless thing in a family, the comfort of which depends very much on fair and prudent calculations. He whose occupations weary his legs and heels, should choose such recreations as exercise his arms; while he whose arms are fatigued with wielding the pick-axe, or driving the saw, will find his best amusement in ranging the fields; let him take one or two of his young ones with him, those whom the mother reports to be most deserving of such indulgence. The air will refresh and invigorate him, their little prattle will amuse him, and in answer to their inquiries about the various objects that surround them, he may employ his hour of recreation as much to their real advantage as his hour of most laborious toil. How pleasant will be the recollection, years hence, 'I remember, father, that at such a spot you first told me that an oak sprung from a tiny acorn. On such a hill you explained to me that the setting sun was not gone to rest, but to light the inhabitants of another country.' How truly delightful, if the parent were a Christian, and it should be added, 'and there father you taught me *who* made the sun, and skies, and trees, and fields; you told me that He had given me a spirit, that should outlive them all; and you taught me to kneel and pray, that I might live in His presence.' But I am anticipating the subject reserved for my concluding chapter.

597. Bathing is a recreation, pleasant, refreshing, and highly salutary, fit for him who passes a sedentary life, as well as him who leads a life of labour. By this the skin is cleansed from hurtful matter, which may collect on it, whilst the vessels are so strengthened by it, as to be enabled to resist disease. But observe that it is recommended for the prevention, not for the cure of disease. To a person in health it will generally prove beneficial, if used when the body is neither chilled nor much heated; but there are so many diseases in which it would be highly dangerous, that it should never be practised, except by persons in perfect health, without the opinion of a medical

gentleman that it will be beneficial. I cannot close my list of cottage recreations without naming, as one of the most pleasant, either in a summer labour, or around a winter fire-side, that of cheerful conversation between all the members of the family, whom the labours of the day have separated. On this subject I shall transcribe for your perusal a page from an interesting little work to which I have already repeatedly referred: "Most of you have children, and if you are not devoid of affection for them, pleasures beyond expression will be derived from teaching them.

Delightful tasks to rear the tender thought;
To teach the young idea how to shoot,
And pour the fresh instruction o'er the mind."

But you may say, that, not having yourself received the advantages of education, you can communicate to them but little instruction. The instruction I however allude to, is such as the most unlearned may communicate. Trace over in your memory the various events of your past life; you will then see how you failed in your aim to do well, and also why your endeavours sometimes succeeded. Communicate to your children the reflections which these observations create. Show them the advantages of industry, civility, and sobriety; let them see the necessity and advantage of rendering themselves useful to those around them. Place before them, in particular, the policy of such conduct towards their employers; since he who renders himself useful to his employer becomes necessary to him; and creates such attachment of his master, both from interest and from respect for his industry, that, if he engage also his affection by his civility and obligingness, the most advantageous and profitable consequences may follow. Point out to them the evils which experience has taught you the necessity of avoiding. Put aside all false shame.—own your youthful follies to them. Show them the ill effects which followed, and confirm them in the resolution of shunning similar foibles; and, on the other hand, hold out to their imitation those actions which recollection is delighted in recalling. By this conduct you will not only lead your children into a love of virtuous and industrious exertions, and take away the necessity of employing that correction which may rob you of their love; but you will actually excite their affections, make them love their father as their friend, and perhaps secure for yourself in age that protection from your child, which you might otherwise have to seek from a workhouse. But to be assured of this, teach them to abhor cruelty to the brute creation; since the child who delights to torment

any fellow-being, may be brought at last to view the sufferings of even a parent with feelings worse than indifference. Be assured

That all the pious duties which we owe
Our parents, friends, our country, and our God :
The seeds of every virtue here below
From discipline alone and early culture grow. ”*

CHAPTER XIV.

598. A FEW BOOKS PARTICULARLY SUITABLE FOR A COTTAGE LIBRARY.

1. THE Holy Bible. Of this it is to be wished that every one of your children should possess a copy, to carry out with them into the world. It may be obtained at the easy rate of one penny a week.

2. If you can possibly afford it, The Cottage Bible. This is a most excellent exposition of the Holy Scriptures, will form a handsome and valuable family book, and with care may descend uninjured, and prove a blessing to your children's children. There is nothing looks more respectable in a cottage, or is more truly beneficial, than a good and handsome Family Bible. This is one of the cheapest and best that has been published. It is now complete at £2, but may be purchased in parts 1s. each.—There is a very excellent one still cheaper, and perhaps still more suitable for plain people, entitled *Short Comments on Scripture*, published by the Religious Tract Society, price 12s., or may be purchased in twelve parts, 1s. each.

3. Cheap Repository Tracts: by Mrs. Hannah More, 3 vols. bound, price 15s., or 5s. each volume separately. They consist chiefly of very interesting and instructive stories, and may be read over and over again with pleasure and advantage. One volume is more immediately designed for Sunday reading, and consists of familiar remarks upon Scripture histories, and the great leading truths of the gospel. These volumes may be considered as a library of themselves. The family who possesses them need never be at a loss for entertainment.

4. Domestic Happiness promoted: by Jonas Hanway, Esq. Price 3s.

5. The Pilgrim's Progress: by John Bunyan. A very neat

* Villager's Friend

edition, bound, has lately been published by the Religious Tract Society, and may be had for one shilling and six-pence.

6. Robinson Crusoe :—a most entertaining book, and tending to sharpen the wits of young people in finding out the way to help themselves. There are many editions of this book ; a very decent one may be had for three or four shillings.

7. Lessons for Persons in Humble Life. Price 4s. 6d. bound. A very excellent compilation, giving many important lessons in religion and morality, and many pleasing examples of good and virtuous conduct.

8. Baxter's Christian Directory, 2s.

9. Discourses on Eternity : by Rev. Job Orton, 8d.

10. Baxter's Call to the Unconverted to turn and live, 1s.

11. Bickersteth's Scripture Help, 5s. Abridged, 6d.

12. Bickersteth on Prayer, with forms, 2s. Abridged, 6d.

13. Bickersteth on the Lord's Supper, 5s.

14. Henry's Communicant's Companion, 3s.

15. Brooks's Precious Remedies against Satan's Devices, 1s. 6d.

16. Mrs. Taylor's Present to a Young Servant, 3s. 6d.

17. Mrs. Trimmer's Servant's Friend, and The Two Farmers, 8d. each, or bound together, 1s. 4d.

18. Dr. Doddridge's Four Sermons to Parents, 1s.

19. Doddridge's Seven Sermons to Young Persons, 1s. 4d.

20. Doddridge's Rise and Progress of Religion in the Soul, 1s. 6d.

21. The Pocket Prayer Book, 1s. 6d.

22. Dr. Watts's World to Come.

23. Christian Biography, 14 vols. each volume distinct, 4s.

24. Dr. Watts's Divine Songs for Children, from 4d. to 6d.

25. Doddridge's Principles of the Christian Religion. These pleasing poems would be the very thing (as well as Dr. Watts's Divine Songs) for your little children to learn by heart ; something to stick by them as they grow up into life. They were taught to our venerable King George III., in his early childhood ; and though he lived to be an old man, there is good reason to believe he never forgot them. Price 1d.

26. Burder's Village Sermons, 8 vols. 1s. each.

27. From the publications of the Religious Tract Society, a cheap and excellent volume might be selected for the Cottage Library. The tracts will not, one with another, cost more than a halfpenny each ; you can buy one or two at a time as a chance penny comes in, and lay them carefully by till you get enough to make a volume ; and a choice volume it will be, formed by the labours of many wise and good men, and

containing something of almost every kind, for instruction and entertainment, for youth and age, for sickness and health, for the concerns of this life, and of another.

28. Goldsmith's History of England, about 5s.

29. Goldsmith's Natural History, about 5s.

30. Bingley's Animal Biography.

31. Lirdley Murray's Power of Religion on the Mind.

32. Results of Machinery, or the Working Man's Companion, 1s.

33. Library of Useful Knowledge, monthly numbers, 6d. each.

34. Library of Entertaining Knowledge, monthly parts, 2s. each.

35. Of Magazines, or small publications which come out at stated times, the following are most suitable for Cottagers.

Monthly, Price 3d.—The Visitor.

Price 6d.—The Cottager's Monthly Visitor.

Price 1d.—The Tract Magazine.—The Friendly Visitor.—The Child's Companion.—The Teacher's Offering.—The Children's Friend.

M. B. The Christian Glæzer, or Domestic Magazine, originally published in numbers, is now complete in four volumes. Price 10s. 6d. boards, 13s. half bound.

599. In furnishing this list of books, it is not intended to exclude others which are equally excellent, or to suppose that all or most of these can be obtained by cottagers in general. The writer of these pages has observed, with pleasure, among the most industrious and respectable of the labouring classes, a praiseworthy disposition to collect for themselves a little library. This is looked upon as a choice part of the cottage wealth, and a valuable and creditable legacy for children's children. It has been also observed with regret, that their money is often not laid out to the best advantage; that through the obtrusive and interested persuasions of travelling book venders, they are induced to engage in the purchase of long drawn-out and expensive number works, which after all often prove to be worthless trash, or at best are purchased at a needlessly expensive rate. In the above list, care has been taken to recommend only such works as are of known respectability, and which those who purchase will not have reason to regret so doing. The price is also pointed out, to put persons upon their guard against being drawn in to give eight or ten shillings (as is often done) for a work in numbers, when the very same thing may be procured for four or five. Several other little works might have been named

as expressly intended for the benefit of cottagers, but being produced by the writer of these pages, they cannot with propriety have a place in this catalogue.

CHAPTER XV.

GOOD NEIGHBOURHOOD.

600. THE best enjoyments are to be found at home. Those who cannot find their pleasures in the bosom of their family, will generally seek elsewhere for them in vain. Still it is a pleasant thing to keep up a little friendly intercourse among neighbours; the great matter is, properly to regulate it, so that it may be really beneficial, not injurious. There is one rule which, if attended to, would admirably answer the purpose: "Whatsoever ye would that others should do unto you, do ye even so unto them." We have claims upon others, and they have claims upon us; and in every connexion and relation of life, if these claims are justly discharged, mutual peace and comfort will ensue; but if either party is unreasonable and unjust in their expectations, or deficient in their returns, dissatisfactions and discussions will be sure to arise. There are some things quite inconsistent with good neighbourhood; such, for instance, as grudging a neighbour employment, if he chances to be of the same calling as yourself; or notice and assistance from more wealthy neighbours; as though all his advantages and enjoyments were subtracted from your own;—such as a mischief-making spirit, that would sow dissension in families by ill-natured reflections and insinuations, or perhaps prejudice employers or benefactors against a neighbour, by repeating to his disadvantage some half forgotten, perhaps half untrue story of himself or his connexions;—such as a spiteful, mischievous, or revengeful spirit; this has many odious ways of manifesting itself; such things have been heard of, as one neighbour stuffing cloths into the spout to prevent the rain water from running into his neighbour's tub,—or laying poison for a neighbour's cat,—or setting traps for his fowls,—or seeing the pigs run in and destroy a neighbour's garden in his absence, without attempting to drive them out,—or encouraging children in hatred, malice, and spite against neighbours' children. All these dispositions and practices are foolish, as well as sinful; the individual who indulges them cannot be happy in his own mind, or beloved by those around him, and sooner or later such dispositions bring their own punishment. It must be a miserable thing to have conducted oneself in such

a manner, that no neighbour can be expected to feel interested in one's welfare, or to be ready to assist one in time of affliction; or, even supposing that pity should get the better of anger and resentment; and dispose some person of a better disposition to render the needed assistance, it must be very painful and mortifying to feel that we are receiving that to which our previous character and conduct have given us no claim. On the contrary, how pleasant is it in the time of affliction to be surrounded by kind, willing, and grateful friends, anxious to return the kindness they have in past times received from us, or even if removed from the circle of those on whom past kindness has given us a claim, to find that Providence raises up in the time of need, friends to succour those who have to the utmost, of their ability succoured and befriended others. This has been experienced in numberless instances by individuals themselves, and even by their children's children. A good action is never lost.

601. Good neighbourhood does not require persons to waste their own and each other's time in idle gossiping; a cottager's wife, and mother of a family, has no time to spare for lolling over the hatch, and talking over the affairs of the neighbourhood. If this be her practice, her cottage will be found very destitute of those comforts which industry and thrift alone can supply and preserve. A certain woman carried a meat pie to the oven, where, falling into conversation with the baker's wife, the time slipped away so imperceptibly, while they were discussing who was getting up in the world, and who was getting down, who was likely to be married, who was brought to bed, and who had got a new bonnet, &c.; that when at length the good woman bethought herself that she must go home and put on her potatoes, "Stay a minute, mistress," said the baker, "you may as well take your pie with you; my oven works as fast as your mill-clack." No one was ever the better for such neighbourhood as this; but many a husband has been driven to the public-house, many a family of children has been ragged, dirty, and neglected, many a cottage has presented a picture of misery, in consequence of such being the character of the wife, mother, and mistress.

602. Good neighbourhood does not consist in following the bad example of those around us. If a neighbour frequents the public-house, or breaks the sabbath, or indulges in idleness and extravagance, and ruins his family, it is no reason that you should do the same; and rather than do so, you had better bear to be called unneighbourly and precise; indeed, much intercourse with *such* neighbours cannot be desirable or advantageous in any way.

603. A truly neighbourly disposition, and one that will really promote the comfort and usefulness of those who possess it, will manifest itself in some such ways as these: by exchanging little services in the way of trade; by taking care of a neighbour's cottage during their absence. Suppose two women, in the habit of going out to work—they may mutually befriend each other, if the one who happens to be at home takes care of her neighbour's children together with her own, and gets a bit of dinner for her husband. The same kindness may be exchanged in time of sickness or lying-in. Where mutual good-will and confidence exist, one neighbour going to market, and taking care to make another person's shilling go as far as her own, the other may just as well be at home earning something, or at any rate taking care of both cottages and families. In the same way mothers of families, who reckon it a privilege to attend the house of God on a sabbath, may in turn release each other from the charge of the children, and thus both may enjoy many opportunities of receiving suitable instruction and consolation, which would otherwise have been lost. Children too should be brought up in feelings and habits of good-will; and instead of thinking it a hardship, should be taught to reckon it a pleasure, to go on an errand for a neighbour, or mind their child, or sweep a room, or render any other little service, especially in time of sickness. The solitude of age and infirmity has often been cheered by a well-disposed child coming in to afford any little service in its power, and to read to the sufferer the Bible and other good books; and the benefit has been mutual, often such counsels and instructions have dropped from the lips of age as have proved of incalculable service in directing and establishing the feet of the youthful pilgrim.

604. Neighbours who are too poor personally to contribute to each other's relief in time of affliction, may sometimes do an essential service by introducing the case of distress to the notice of some benevolent neighbour who has the means of assisting; and such a representation is in general favourably received; good people, in every rank of life, love to see the poor willing to assist each other.

605. I will add one word more; neighbours may assist each other by imparting of their knowledge and experience. Some people have a nasty, mean, miserly way of priding themselves in knowing how to do things better than their neighbours, yet keeping their knowledge a close secret; and others will make ill-natured remarks upon the slatternliness, extravagance, and bad management of their neighbours, rather than give a

friendly word of advice, which might be kindly and thankfully received, and prove the means of rectifying the evils alluded to, and of promoting the peace and comfort of the family. A good neighbour, without being ostentatious or obtrusive, will be glad to make others the better for what he knows, and to leave the world wiser than he found it. He will shun the character of a mischief-maker, and desire that of a friendly adviser; and if the occasional moments of leisure which neighbours spend together, be employed in imparting and receiving useful knowledge, and interchanging friendly actions, the comfort of their respective cottages will be essentially promoted, and the face of the neighbourhood assume a pleasant and inviting aspect.

CHAPTER XVI.

CONTENTMENT AND LOYALTY.

606. THERE are some people in the world (they must needs be of a very discontented and malignant disposition) who make themselves very busy in endeavouring to persuade all the people about them that they are very much ill-used and very miserable. 'You are a set of slaves,' say they; 'you have shameful burdens to bear: you have no chance of getting on in the world; it is hardly worth living for the sake of keeping yourselves alive;' and so on. Now there may be some countries in the world, I believe there are, in which such language might with truth be addressed to the labouring classes; but even there I can't exactly see what would be the use of it. I can see no pleasure or advantage in continually talking about, and poring over, diseases and calamities, unless it be with the hope of curing them; but be that as it may in other countries, I may appeal to "all sensible and just Englishmen," and say, Is it the case here? If a man or woman, while single, can support themselves by moderate labour, in credit, comfort, and respectability, having their real wants sufficiently supplied, being able to lay by a little store for a time of need, and that store being secured to them by the government of their country, at a fair interest, if they choose to accept its security, are they to be pitied? Have they any reason to complain? Or can they possibly be weak enough to believe those who are wicked enough to try to persuade them so? Suppose this man and woman choose to marry; they labour

harder, and perhaps live harder, than they have been accustomed to do; a family cannot be supported and managed at the same expense, and with the same exertions, as two single people could take care of themselves; but if by their joint exertions and frugality, and by making their children industrious and frugal, they can live well; see their cottage furnished and surrounded by comforts, and feel that those comforts are as much secured to them by government as the queen's palace, or the lord's estate, have they not every reason in the world to be satisfied and cheerful? If people do not choose to work, or to save, then they have none but themselves to blame for their poverty and misery; they would be just the same under any government, or no government at all; people who do not work must either starve, beg, or steal: let them choose for themselves which is the most respectable; and let them grumble, if they will, at lying in a hard bed; but let them at the same time recollect *whom* they have to thank for making it. And as to those who possess and enjoy the fruits of their industry and care, let them be wise enough to turn a deaf ear to the unreasonable and base suggestions of those who would stir them up to discontent. There are burdens and taxes to bear; every body knows this; the queen herself knows it, but I look upon it to be out of her power to prevent it; and before we murmur at the taxes paid for the support of government, let us think a moment, what a situation we should be in, if there were no government at all! Men would be like the fishes of the sea; the great would devour the small, and the wicked would make a prey of the good. Let us be thankful that we have a government and laws by which our persons and properties are protected; and while we sit under our own vine and fig tree, none daring to make us afraid, let us gratefully say, as I am sure we have good reason to do, "The lines are fallen to me in pleasant places, I have a goodly heritage."

"England, with all thy faults, I love thee still,
My country!"

CHAPTER XVII.

CONCLUSION.

607. AND now, my friends, having put together a few hints connected with your comforts as cottagers, and the well-being

of your children, both now, and as they rise up in life, and take wing from the parental nest;—if you were made to live in your cottage always, earning, saving, and enjoying the good things of which we have been speaking, here I might take my leave. But you were not brought into this world merely to provide for yourselves home, food, and raiment, and to bring up your children in respectability and comfort. No; all these things will soon be done with, all around you is short-lived, and you yourselves are dying creatures; every day you see or hear of the death of your fellow creatures, and you *know* that your own turn must come. But though you die, you are immortal; you must feel and know that you have a living soul within; a most important part of yourself, but quite distinct from your body. Your body eats, sleeps, moves, and works, but *that* within thinks, and loves, and directs the movements and actions of your body. When your body dies, your soul will not die, it will live for ever; there will be *no* end to its life; how important to know whether it will live in happiness or misery! of how much more consequence this, than whether the few years of this life are spent in pain or pleasure, plenty or poverty! “What shall it profit a man, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?” Mark viii. 36, 37. Lose the soul! and is there then any danger of the soul being lost? Oh yes! the greatest;—for what does the Bible say,—the Bible, the book of God, who knows all things, who governs all things; God who cannot lie? It says, “The soul that sinneth, it shall die,” Ezek. xviii. 4. “Cursed is every one that continueth not in all things written in the book of the law to do them,” Gal. iii. 10. “*All* have sinned,” Rom. iii. 23; and “judgment came upon *all* to condemnation,” Rom. v. 18. What then, must all perish, all be lost for ever? No; “God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life,” John iii. 16. Will all then be saved, and have everlasting life by him? No; for all do not believe on him; they “will not come unto him that they might have life,” John v. 40; and “he that believeth not the Son, shall not see life; but the wrath of God abideth on him,” John iii. 36. But why will not men believe? some, because they will not attend; they are so taken up with the things of this world that they will not bestow any concern upon another. The want of food, and clothing, and habitation for their bodies, they can see and feel, and will exert themselves to provide for; but the soul, and its wants and dangers, though far more really important, are out of sight,

and therefore out of mind. Some will not believe, for love of their sins; they see what believing would bring with it; the forsaking of sin, as well as the saving of the soul. As one, on being told by his physician that he must forsake his excesses, or he would certainly lose his sight, said, "Then farewell, sweet light;" so these in effect say, when it is put to their choice, to give up their sins and save their souls, or to retain their sins and lose their souls. "Then farewell, everlasting salvation!" Others there are who will not believe, they cling so closely to their own righteousness; they cannot see that they have done any thing so very bad, not at all worse than thousands around them; for what little they have done amiss, they cannot think that a merciful God will punish them very severely, especially if they repent and do better for the future; in fact, they cannot believe themselves to be what the Bible declares they are, guilty, perishing sinners; and therefore they will not seek the free salvation which it reveals. Thus, in one way or another, thousands who read or hear of Jesus Christ, do not believe in him, being carried away by the false and foolish devices of their own hearts, which are "deceitful above all things, and desperately wicked."

608. My dear friends, do not be offended if I urge on you seriously to consider whether or not *you* believe. Perhaps you are ready to reply; 'Yes, certainly, we believe in Jesus Christ, and hope to be saved by him;' then, let me beg you to examine what fruits are produced by your faith and hope. We read in Scripture of "faith that works by love," Gal. v. 6; and "hope that maketh not ashamed," Rom. v. 5, leaving which, we "purify ourselves even as our Lord is pure," 1 John iii. 3. We read also, that "faith without works is dead," James ii. 20. If indeed we believe, we shall be disposed to keep all God's commandments, and to find our happiness in so doing. Shall I point you to a few by way of example?—That in which all are comprehended, is, "Thou shalt love the Lord thy God with all thine heart, and thou shalt love thy neighbour as thyself," Luke x. 27. A person who loves God with all his heart will not engage in any pursuit which is offensive to him; will not be found in any company where God is forgotten, or his name blasphemed. You would not, (would you?), choose to go where you would be likely to hear your best and dearest friend insulted and defamed! But such a person *will* go where he is likely to meet his friend, he will seek opportunities of conversing with him, will rejoice to hear of him, to receive a letter from him, and to fulfil any commands or requests that may be conveyed. Do you love to

meet God in secret prayer, to pour out your heart before him ; all your wants, and sins, and sorrows ?—Do you love to meet Him in his house, to receive messages and commands from him ?—Do you rejoice that one day in seven is set apart for that express purpose ?—Do you hear and read the Scriptures, the letter of your heavenly Friend ?—And is every line dear, and sacred, and authoritative to you ?—Do you avoid every thing that God's word declares to be offensive to Him ?—And do you endeavour to live as He commands you ; “ soberly, righteously, and godly, in this present world,” Tit. ii. 12. Do you rejoice in and adore the love of God, in providing a Saviour for ruined man ? and do you, with all your heart, submit to his appointed way of salvation ; trusting in Christ's blood alone for pardon, in his merits alone for acceptance, and in his Holy Spirit's influences to make you holy ?—Do you in all things seek the glory of God ? does your religion go into all you do ? does it make you just, upright, and kind in all your dealings with men ; conscientious, diligent, and faithful as servants ; affectionate and forbearing as husband and wife ; obedient as children ; and as parents, carefully keeping back your children from wickedness, and “ training them up in the nurture and admonition of the Lord ?” Eph. vi. 4. Whatever your worldly circumstances are, do you see the hand of God in them—bountiful in giving, kind in withholding ? Do you cordially submit yourselves to your heavenly Father's dispensations, and wish for no other lot than what He appoints for you ? and do you, amidst all the busy, endearing, trying scenes of this life, hold yourself in readiness for your departure from it, and your entrance upon another ?—Such as these are the fruits of faith ; and the person who does not possess them has no right to suppose that he believes, or is a partaker of salvation by Jesus Christ. Perhaps you may acknowledge that you have not attended to these things quite as much as you ought to have done, but you hope little is expected from you who are no scholars, and besides, so fully taken up with the concerns of your family. If you were to give up all your time to religion, how would it be possible for you to get your living and take care of your children ? Let me assure you that you are quite deceiving yourselves by such arguments. Your worldly affairs will not excuse you for neglecting religion, nor will they serve you instead of religion. Religion is the “ one thing needful.” Whatever else you have, you will want that ; and whatever else you want, that cannot be done without. Neither does religion interfere with your worldly duties, or so take up your time and attention as to oblige you to neglect them.

On the contrary, it requires and enables you to attend to them in the best possible manner, and those who have made the experiment can assure you, that both worlds are best minded together, and that "godliness is profitable for all things, having the promise of the life that now is, and of that which is to come," 1 Tim. iv. 8. Look back to the chapter on Moral Character, and consider how much easier and more effectually each of those virtues will be exercised by a truly religious person. What motive to integrity and sincerity can equal this, "Thou God seest me?" Gen. xvi. 13. What can stand against temptation like this, "How can I do this great wickedness, and sin against my God?" Gen. xxxix. 9. Who will be so likely to be meek and self-denying, as the person who often studies and endeavours to imitate the character of the blessed Jesus, who was "meek and lowly of heart," Matt. xi. 29, who pleased not himself, who "humbled himself," Phil. ii. 8, who returned not reviling for reviling, nor threatening for injury, 1 Pet. ii. 23, but prayed for his enemies, and forgave his murderers? Luke xxiii. 34. Who is so likely to be a diligent, trusty, obedient servant as he who reads the command, and receives it into his heart, "Servants, be obedient to your masters. Not with eye-service, as men-pleasers; but as the servants of Christ, doing the will of God from the heart. Not answering again; not purloining, but showing all good fidelity; that ye may adorn the doctrine of God our Saviour in all things?" Eph. vi. 5, 6; Tit. ii. 9, 10. Who is so likely to be sober and moderate in all things, as he who learns from the gospel of the grace of God, to deny ungodliness and worldly lust? Tit. ii. 12. So, of every other virtue mentioned, we may truly say, that "whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise," true religion teaches us to "think upon," and to practise "these things," Phil. iv. 8.

609. Let me say one word more. Perhaps you may be inclined to put off these things for the present, and say, 'I manage very well without so much religion. I am an industrious, sober person, an honest, civil neighbour, a kind partner, a tender parent. All these are enough for the present, and what more is necessary, I hope it will all come right when the occasion requires.' Thousands, who have thus excused and flattered themselves, have been called away much earlier than they expected; often so suddenly as not to allow them even an hour in which to repair the neglects of a life; many more, even on

the bed of death, have been still for putting off, and have died unawakened from their stupor; and not a few, who even have been brought at last to a serious and earnest desire after those great blessings, which they had so long despised, have suffered the most bitter remorse on account of their past neglects, and fearful apprehensions that no hope remained for them, that it was too late now. Had you ever witnessed the distress of one conscious that all earthly possessions were no longer worth any thing to him; awakened to the solemnities and terrors of eternity, and yet a stranger to the consolations, supports, and prospects of true religion;—and could you justly compare his case with that of one who had faithfully served God in life, who had discharged all his common duties under the directions, sanctions, and motives of true religion; whose soul had long been committed to the faithful, gracious hands of Jesus, the Mediator of the new covenant; whose pains were soothed, whose separations were cheered by the consolations of the gospel, and who waited the summons, ready “to depart and to be with Christ, which is far better;”—you must be convinced which had made the wisest choice. But would you make the same choice for yourself? there is the question. If you would, make it now. These things are certainly taking place in the world every day, as surely as if you had seen them yourself; and as surely as you neglect religion in health, so surely you will find yourself without support and consolation in the hour of sickness and death. On the other hand, as surely as you give yourself up to the service of God now, so surely will he be your Friend and Helper, when all other helpers fail.

I do hope you will again look over these hints; examine them, and see whether they are reasonable and just. Search the Scriptures, (I have marked the passages of Scripture referred to on purpose that you may do so,) see whether they agree with what is written for your learning in that blessed book; if you find they do agree, I hope you will not slight them, but pray that they may be deeply impressed upon your heart. Search, then, for further directions; the Bible will richly afford them; and may you be enabled to follow them! May true religion direct you in all your ways, sweeten all your enjoyments, support you under all your trials, and at last conduct you safely to an everlasting habitation.

THE END.

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